

**FALL**  
2015

Kent Parks, Recreation & Community Services  
**Program Guide**

Classes, Sports, Arts & Entertainment,  
Teen Programs, Adult 50+ Activities



WebReg Registration **August 17** • Open Registration **August 19**  
**[webreg.KentWA.gov](http://webreg.KentWA.gov) • [KentWA.gov](http://KentWA.gov)**



# 2015 FALL PROGRAM GUIDE



## Mayor's Message

Coming out of one of the hottest summers on record, I hope you had an opportunity to enjoy this year's Kent International Festival at the ShoWare Center, followed by a magnificent 4th of July Splash at Lake Meridian and wrapped up summer with the ever popular Cornucopia Days!

While we transition to cooler temperatures with longer evenings, it is sometimes difficult to keep our energy levels high. This year's fall edition of the Kent Parks, Recreation and Community Services Program Guide offers a wide variety of classes, events and activities to help keep us active. Whether you choose to engage your creative side with art classes, expand your cooking ingenuity, sign up for Yoga, join a sports league, or simply enjoy one of our many professional entertainment productions, I am certain you will find something worthwhile and stimulating.

ShoWare Center is another venue for great events – the ever popular Seattle Thunderbirds, the new Tacoma Stars (Major Arena Soccer League) along with a host of music events, sporting events and children's shows. Please be sure and visit ShoWareCenter.com to keep up-to-date on exciting events occurring during the year.

Remember, **Kent is your City**, so get out and enjoy everything this dynamic city has to offer.

## City of Kent Parks, Recreation & Community Services Mission Statement

### *"Dedicated to Enriching Lives"*

We are committed to providing safe and inviting parks and facilities, meaningful and diverse recreational programs, cultural activities and human services.

Our staff is responsive, positive and ethical in their dedication to delivering:

**Personal Benefits** that strengthen self esteem, improve health and promote self sufficiency.

**Social Benefits** that bring families together and unite people within our diverse community.

**Economic Benefits** that welcome new business relocation and expansion which leads to a more productive work force and increased tourism opportunities.

**Environmental Benefits** that protect and preserve natural areas, open space and enhance air and water quality.

## Statement of Inclusion

"Everyone in the City of Kent community shall have the opportunity to equally participate in, benefit from, and enjoy the parks and recreation programs and facilities. Our mission is dedicated to enriching the lives of all persons participating in Kent Parks, Recreation and Community Services."

In using City Park Facilities for any adult or youth community athletic program, as that term is defined in RCW 49.60.500, no group may discriminate in program participation on the basis of sex.

## ADA Access

The City of Kent is committed to providing programs and services accessible to individuals with disabilities. Requests for special accommodations will be considered on a case-by-case basis. For TDD users, call 1-800-833-6388; Telebraille, 1-800-833-6385 and voice, 1-800-833-6384. This service provided by Washington State Telecommunications Relay Service at no cost except long distance charges.



*Programs sponsored in cooperation  
with the Kent School District.*

**From the cover:** Youth programs shine at Kent Commons

## STAFF

### CITY OF KENT

Mayor ..... Suzette Cooke  
Chief Administrative Officer  
..... Derek Matheson

### CITY COUNCIL

Dana Ralph, President  
Jim Berrios  
Bill Boyce  
Brenda Fincher  
Dennis Higgins  
Deborah Ranniger  
Les Thomas

### PARKS COMMITTEE

Deborah Ranniger, Chair;  
Brenda Fincher, Dennis Higgins  
Meets: 3<sup>rd</sup> Thursday of every month at 5:00 p.m.

### ARTS COMMISSION

Lynn Bohart, Sharona Chandra, Dan Cox, Bayard DuBois, Jennifer Dye, Tonya Goodwillie, Wendy Johnson, Elena Luna, Susan Machler, Linda Mackintosh, Kathy Morelli, Suzanne Smith, Jen Treese  
Meets: 4<sup>th</sup> Tuesday of every month at 5:30 p.m.

### PARKS ADMINISTRATION

Parks, Recreation & Community  
Services Director ..... Jeff Watling

### DIVISION HEADS

Facilities Superintendent ..... Alex Ackley  
  
Golf Maintenance  
Superintendent ..... Pete Petersen  
  
Housing & Human Services  
Manager ..... Merina Hanson

Parks Planning & Development  
Superintendent ..... Hope Gibson

Parks Maintenance  
Superintendent ..... Garin Lee  
  
Recreation & Cultural Services  
Superintendent ..... Lori Hogan

## EARLY REGISTRATION

Kent Parks is offering WebReg users the opportunity to register two days earlier than participants faxing, mailing, phoning or walking in their registrations.

**Registration using WebReg, [webreg.KentWA.gov](http://webreg.KentWA.gov) will begin at 12:01 a.m. on August 17. Open registration August 19.**

To use this system, please have the following ready:  
Family PIN, Client Number, Class Course Numbers and a Visa or MasterCard  
For more information, please call (253) 856-5000.

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## Kent Parks, Recreation & Community Services Department

Adaptive Recreation/Youth & Teen Programs .....	(253) 856-5030
Administration .....	(253) 856-5100
Cultural Programs .....	(253) 856-5050
Cultural Program Ticket Sales .....	(253) 856-5051
Event Information (Recorded) .....	(253) 856-5060
Facilities .....	(253) 856-5080
Home Repair .....	(253) 856-5065
Human Services .....	(253) 856-5070
Kent Commons Offices/Registration .....	(253) 856-5000
Kent Senior Activity Center (Adults 50+) .....	(253) 856-5150
Maintenance .....	(253) 856-5120
Planning & Open Space .....	(253) 856-5110
Sports Rainout Line/Inclement Weather .....	(253) 856-5020
TTY (for hearing impaired) .....	(800) 833-6388

**Kent Community Food Bank** .....

**Kent Downtown Partnership** .....

**Kent Meridian Pool** .....

**Kent Parks Foundation** .....

**Kent Valley Ice Centre** .....

### Riverbend Golf Course

Riverbend 18-Hole Course/Tee Time .....	(253) 854-3673
Reservations/Information .....	(253) 854-4653
Riverbend Par-3 Course .....	(253) 859-4000
Riverbend Driving Range/Miniature Golf .....	(253) 859-4000

**Notice to our customers:** Effective March 21, 2012 a \$1 technology fee per transaction is being applied to support systems that provide convenience and efficient service delivery.

## Save the Date!

**Wordwide Day of Play** – September 19th

**National Public Lands Day** – September 26th

**Spotlight Series** – September – April

**ReLeaf at Clark Lake Park** – October 10

**Holiday Craft Market (Kent Senior Activity Center)** – Nov. 6-7

**Kent Commons Holiday Bazaar** – December 4-5

**Christmas Rush Fun Run** – December 12th

**Holiday Dance Recital** – December 12th

## Inclement Weather Policy

The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. Parks Department classes and programs are cancelled when the Kent School District closes due to inclement weather. For information about evening or weekend cancellations, please call 253-856-5020. Possible exceptions may include performances; please call the Cultural Programs office at 253-856-5050. For activities scheduled at non school district facilities, please call the facility; Kent Commons 253-856-5000; Senior Center 253-856-5150; or Adaptive Recreation 253-856-5030 for information regarding activities and facility operation.

## Connect with Kent



facebook.com/cityofkent



@cityofkent



youtube.com/kentTV21

**KentWA.gov**

**DriveKent.com**

**KentCodeRed.com**

**CrimeReports.com**



# PRESCHOOL PROGRAMS

## PARENTS

Preschool classes for ages 3 and up are designed for children only. Please check with your instructor to learn when the parent observation day will be. If you wish to participate with your child, please register for a parent/tot or parent participation class.

## Activities



### INDOOR PARK (10 mos–4½ yrs)

**Tuesdays, Wednesdays and Thursdays from 9:30–11:00 a.m.**

Come and experience our Indoor Park, a traditional outdoor playground brought inside. On Tuesday, Wednesday and Thursday mornings, play with our toys, balls and playground equipment in a dry and safe environment.

Parents are required to supervise their children at all times (maximum of three children per adult). Cost is \$2 per visit for the first child and \$1 for each additional child, or buy a 10-visit pass for \$15. Call (253) 856-5000 for more information.

Tuesday, Wednesday & Thursday - 9:30-11:00am

**October 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, 29**

**November 3, 4, 5, 10, 12, 17, 18, 19, 24, 25**

**December 1, 2, 8, 9, 10, 15, 16, 17**

**January 5, 6, 7, 12, 13, 14, 19, 20, 21, 26, 27, 28**

**February 2, 3, 4, 9, 10, 11, 23, 24, 25**

No Indoor Park: 11/11, 11/26, 12/3, 12/22-12/31, 2/16-2/18

### LITTLE MOZART'S MUSIC (Ages 3-8)

Bring out the musician inside your child with this fun program that starts your Little Mozart on their way to learning rhythm, timing, melody and notation. They'll have fun singing and moving, clapping and tapping with Mozart Mouse, Beethoven Bear and Music Friends. A variety of tuned, auxiliary and multicultural percussion instruments will be used during class. New material introduced every quarter and students progress at their own pace.

55801 Tu 1:00 pm-2:00 pm 9/15-11/17  
Kent Commons S. Anderson 10 sess/\$100

### PLAY TIME PALS (Ages 20-36 Mos)

Enjoy time together singing, learning, getting messy and playing in an inclusive preschool class led by an early childhood specialist. Children will develop friendships with a wide variety of peers, some of whom have special needs.

#### Ages 20 Months - 36 Months

55880 M	9:00 am-10:30 am	9/14-10/26
SKIP/CTC	C. Staff	7 sess/\$42
55884 M	9:00 am-10:30 am	11/2-12/14
SKIP/CTC	C. Staff	7 sess/\$49
55881 Tu	9:00 am-10:30 am	9/8-10/27
SKIP/CTC	C. Staff	8 sess/\$56
55885 Tu	9:00 am-10:30 am	11/3-12/15
SKIP/CTC	C. Staff	7 sess/\$49
55882 W	9:00 am-10:30 am	9/9-10/28
SKIP/CTC	C. Staff	7 sess/\$49
No class 10/7		
55886 W	9:00 am-10:30 am	11/4-12/16
SKIP/CTC	C. Staff	6 sess/\$42
No class 11/11		

55883 Th	9:00 am-10:30 am	9/10-10/29
55887 Th	9:00 am-10:30 am	11/5-12/17
SKIP/CTC	C. Staff	6 sess/\$42
No class 11/26		

#### Ages 24 Months - 42 Months

55891 M	11:00 am-12:30 pm	9/14-10/26
SKIP/CTC	C. Staff	7 sess/\$42
55894 M	11:00 am-12:30 pm	11/2-12/14
SKIP/CTC	C. Staff	7 sess/\$49
55892 Tu	11:00 am-12:30 pm	9/8-10/27
SKIP/CTC	C. Staff	8 sess/\$56
55895 Tu	11:00 am-12:30 pm	11/3-12/15
SKIP/CTC	C. Staff	7 sess/\$49
55890 W	11:00 am-12:30 pm	9/9-10/28
SKIP/CTC	C. Staff	7 sess/\$49
No class 10/7		
55896 W	11:00 am-12:30 pm	11/4-12/16
SKIP/CTC	C. Staff	6 sess/\$42
No class 11/11		
55893 Th	11:00 am-12:30 pm	9/10-10/29
SKIP/CTC	C. Staff	8 sess/\$56
55897 Th	11:00 am-12:30 pm	11/5-12/17
SKIP/CTC	C. Staff	7 sess/\$42
No class 11/26		

#### Spanish Play Group (20-36 Months)

55902 Th	1:00 pm-2:30 pm	9/10-10/29
SKIP/CTC	C. Staff	8 sess/\$56
55903 Th	1:00 pm-2:30 pm	11/5-12/17
SKIP/CTC	C. Staff	6 sess/\$42
No class 11/26		

### LITTLE EXPLORERS WORKSHOPS (Ages 3-5)

Explore, experiment, discover, and play with us! The Witty Scientists will take you from your playground to a witty laboratory! Every week you will wear the 'lab coat' of a different scientist. As a witty chemist, you will make amazing reactions; as a geologist, you will erupt volcanoes; as a physicist, you will play with forces of nature; as an environmentalist you will recreate weather, and as a detective you will decode an Invisible Woman's message. For more information visit [www.wittyscientists.com](http://www.wittyscientists.com)

56649 Th 10:00-11:00 am 9/17-12/10  
Kent Commons M. Kulawiec 12 sess/\$230  
No class 11/27

## Martial Arts

### TINY TIGERS (Ages 3-4)

An introduction to martial arts; balance, strength and coordination, and safety. Games, balls, obstacle courses and more are used to enhance learning. Parent participation is required.

55803 Th	4:00 pm-4:45 pm	9/3-9/24
55802 Tu	4:00 pm-4:45 pm	9/8-9/29
55805 Th	4:00 pm-4:45 pm	10/1-10/22
55804 Tu	4:00 pm-4:45 pm	10/6-10/27
55807 Th	4:00 pm-4:45 pm	10/29-11/19
55806 Tu	4:00 pm-4:45 pm	11/3-11/24
55808 Tu	4:00 pm-4:45 pm	12/1-12/22
55809 Th	4:00 pm-4:45 pm	12/3-12/24
ACMMA R. Dye		4 sess/\$35



## Movement GYMNASTICS

Our Parent & Tot class is the ideal place to have organized, safe fun exploring movement with your child in a gymnastics environment. In the Preschool classes your child will be introduced to basic movement and gymnastics.

### Ages 16 Months - 3 Months

55813	Sa	9:00 am-9:45 am	9/12-10/3
55812	Sa	9:00 am-9:45 am	10/10-10/31
55814	Sa	9:00 am-9:45 am	11/7-11/28
55815	Sa	9:00 am-9:45 am	12/5-12/26

### Ages 3 Years - 5 Years

55817	M	5:00 pm-5:45 pm	8/31-9/28*
55818	M	6:00 pm-6:45 pm	8/31-9/28*
55819	M	5:00 pm-5:45 pm	10/5-10/26
55820	M	6:00 pm-6:45 pm	10/5-10/26
55821	M	5:00 pm-5:45 pm	11/2-11/23
55822	M	6:00 pm-6:45 pm	11/2-11/23
55823	M	5:00 pm-5:45 pm	11/30-12/21
55824	M	6:00 pm-6:45 pm	11/30-12/21

55825	Tu	4:00 pm-4:45 pm	9/1-9/22
55826	Tu	5:00 pm-5:45 pm	9/1-9/22
55827	Tu	6:00 pm-6:45 pm	9/1-9/22
55828	Tu	4:00 pm-4:45 pm	10/6-10/27
55829	Tu	5:00 pm-5:45 pm	10/6-10/27
55830	Tu	6:00 pm-6:45 pm	10/6-10/27
55831	Tu	4:00 pm-4:45 pm	11/3-11/24
55832	Tu	5:00 pm-5:45 pm	11/3-11/24
55833	Tu	6:00 pm-6:45 pm	11/3-11/24
55834	Tu	4:00 pm-4:45 pm	12/1-12/22
55835	Tu	5:00 pm-5:45 pm	12/1-12/22
55836	Tu	6:00 pm-6:45 pm	12/1-12/22

55837	W	3:00 pm-3:45 pm	9/2-9/23
55838	W	5:00 pm-5:45 pm	9/2-9/23
55839	W	6:00 pm-6:45 pm	9/2-9/23
55840	W	3:00 pm-3:45 pm	10/7-10/28
55841	W	5:00 pm-5:45 pm	10/7-10/28
55842	W	6:00 pm-6:45 pm	10/7-10/28
55843	W	3:00 pm-3:45 pm	11/4-11/25
55844	W	5:00 pm-5:45 pm	11/4-11/25
55845	W	6:00 pm-6:45 pm	11/4-11/25
55846	W	3:00 pm-3:45 pm	12/2-12/23
55847	W	5:00 pm-5:45 pm	12/2-12/23
55848	W	6:00 pm-6:45 pm	12/2-12/23

55849	Th	5:00 pm-5:45 pm	9/3-9/24
55850	Th	6:00 pm-6:45 pm	9/3-9/24
55851	Th	6:00 pm-6:45 pm	10/1-10/22
55866	Th	5:00 pm-5:45 pm	10/1-10/22
55852	Th	5:00 pm-5:45 pm	10/29-11/19
55853	Th	6:00 pm-6:45 pm	10/29-11/19
55854	Th	5:00 pm-5:45 pm	12/3-12/17
55855	Th	6:00 pm-6:45 pm	12/3-12/17

55856	Sa	10:00 am-10:45 am	9/12-10/3
55857	Sa	11:00 am-11:45 am	9/12-10/3
55858	Sa	10:00 am-10:45 am	10/10-10/31
55859	Sa	11:00 am-11:45 am	10/10-10/31
55860	Sa	10:00 am-10:45 am	11/7-11/28
55861	Sa	11:00 am-11:45 am	11/7-11/28
55862	Sa	10:00 am-10:45 am	12/5-12/26
55863	Sa	11:00 am-11:45 am	12/5-12/26
Hart's Gymnastics Staff			4 sess/\$50
No class 9/7			



## PARENT/TOT TUMBLING FUN! (18 mos-3 yrs)

Parents and tots will learn basic tumbling skills and participate in simple games and movements.

56650	W	9:30 am-10:15 am	9/16-12/2
Kent Commons		M. Murphy-Brown	11 sess/\$72
No class 11/11			

## TAG ALONG TODDLERS (Ages 1-2 yrs)

Your toddler (must be walking) will cruise with you over and through the obstacle courses, jump on the trampoline, catch bubbles and sing songs in this interactive class. For more information please check our website [www.aryalsgym.com](http://www.aryalsgym.com).

55867	Tu-Th	10:00 am-10:45 am	9/3-9/30
55868	Tu-Th	10:00 am-10:45 am	10/1-10/28
55869	Tu-Th	10:00 am-10:45 am	11/3-11/25
Gym Starz		R. Schifano	12 sess/\$55
55870	Tu-Th	10:00 am-10:45 am	12/1-12/17
Gym Starz		R. Schifano	9 sess/\$42



## Music

### PRIVATE PIANO (Age 4-6)

This one-on-one Beginning Piano class uses Alfred's 'Music for Little Mozarts' piano books (level 1-4) and is great for the young musician with no previous piano experience. This class is also for the Continuing Little Mozarts' student (Ages 4-12) who has completed one full quarter and wishes to continue the series. Class covers posture and hand position, technique, musical notation, ear training and performance skills. All required lesson materials are included in the course fee. Optional supplemental materials are available at an additional cost and is payable to the instructor. A digital keyboard will be provided during lessons. A piano or keyboard at home and daily practice of lesson material is highly recommended.

55904	Tu	4:00 pm-4:20 pm	9/15-11/17
55905	Tu	4:20 pm-4:40 pm	
55906	Tu	4:40 pm-5:00 pm	
55907	Tu	5:00 pm-5:20 pm	
55908	Tu	5:20 pm-5:40 pm	
55909	Tu	5:40 pm-6:00 pm	
55910	Tu	6:00 pm-6:20 pm	
55911	Tu	6:20 pm-6:40 pm	
55912	Tu	6:40 pm-7:00 pm	
55913	Tu	7:00 pm-7:20 pm	
Kent Commons		S. Anderson	10 sess/\$100

# YOUTH PROGRAMS



## Dance

### BALLET & TAP (Ages 6-12)

Students must have 9 months to 1 year of pre-ballet & tap. This class will take the student to a higher level in ballet with more technique, terms, grace and an introduction to Lyrical Ballet. Additional combinations in tap and faster, more exciting moves will be introduced.

55918 Sa 11:00 am-11:45 am 9/19-12/5  
Kent Commons S. Giles 11 sess/\$77  
No class 11/28

### BALLET I & TAP (Ages 5-7)

Must have one full quarter of pre-ballet and tap prior to taking this class.

55916 W 3:45 pm-4:45 pm 9/16-12/2  
Kent Commons M. Murphy-Brown 11 sess/\$77  
No class 11/11

### BALLET I & TAP (Ages 6-9)

Beginning ballet & tap class that introduces basic steps. Suggested dress: leotards, tights, pink ballet shoes and black tap shoes.

55919 W 4:45 pm-5:45 pm 9/16-12/2  
Kent Commons M. Murphy-Brown 11 sess/\$77  
No class 11/11

### BALLET & TAP II (Ages 6-10)

Dancers must have completed one year of Ballet & Tap.

55920 Th 6:00 pm-7:00 pm 9/17-12/3  
Kent Commons M. Murphy-Brown 11 sess/\$77  
No class 11/26

### BALLET I & II (Ages 7-11)

Beginning ballet class that introduces basic steps. Suggested dress: leotards, tights and ballet shoes.

55921 Th 4:15 pm-5:15 pm 9/17-12/3  
Kent Commons M. Murphy-Brown 11 sess/\$77  
No class 11/26

### BALLET II & III (Ages 13-18)

This is an advanced class for dancers with one full year of Ballet I. Instructor permission is required.

55924 Tu 6:15 pm-7:15 pm 9/15-12/1  
Kent Commons M. Murphy-Brown 12 sess/\$84

### DANCE TEAM I & II (Ages 6-16)

Variety of dance experiences and pom pom routines. Basic combinations of beginning level ballet, jazz, hip-hop and cheerleading. Wear comfortable dance attire and black soft sole dance shoes. Pom pom fee of \$14 payable to instructor at first class.

55925 Th 6:00 pm-7:00 pm 9/17-12/3  
Kent Commons S. Giles 11 sess/\$77  
No class 11/26

### DANCE TEAM II (Ages 8-16)

This class is for participants who have had at least one full quarter of Dance Team I.

55928 Th 7:00 pm-8:00 pm 9/17-12/3  
55927 Sa 11:45 am-12:30 pm 9/19-12/5  
Kent Commons S. Giles 11 sess/\$77  
No class 11/28, 11/26

### HIP HOP (Ages 6+)

Learn the basics of beginning level hip hop dance. Class includes warm-up exercises, floor work and dancing to the beat. Wear black ballet shoes.

55929 Th 5:00 pm-6:00 pm 9/17-12/3  
Kent Commons S. Giles 11 sess/\$77  
No class 11/26

### HIP HOP DANCE (Ages 6-10)

With this being a popular new style to learn, beginning hip-hop will introduce students to basic steps. Class includes warm-up exercises, across the floor moves and grooving with the music! Attire: comfortable loose clothing and tennis shoes.

55930 Sa 1:15 pm-2:00 pm 9/19-12/5  
Kent Commons S. Giles 11 sess/\$77  
No class 11/28

### INTERMEDIATE HIP HOP DANCE (Ages 10-14)

Must have 1 full quarter of Hip Hop Dance prior to taking this class.

55943 Sa 12:30 pm-1:15 pm 9/19-12/5  
Kent Commons S. Giles 11 sess/\$77  
No class 11/28

### BEGINNER IRISH SOFT SHOE (Ages 6-16)

Open to first time & beginner dancers. Students will learn the reel & light jig as well as work on proper posture, form & rhythm. Wear comfortable clothing, socks or ballet shoes okay.

55931 Tu 4:15 pm-5:00 pm 9/15-12/8  
Kent Commons P. Martig 12 sess/\$110  
No class 11/24

### IRISH SOFT SHOE I (Ages 7-16)

Open to dancers who have basic soft shoe skills, reel & light jig. Students will learn the single jig & slip jig and work on proper posture, form & rhythm. Wear comfortable clothing, socks or ballet shoes okay.

55933 Tu 5:00 pm-5:45 pm 9/15-12/8  
Kent Commons P. Martig 12 sess/\$110  
No class 11/24

### IRISH SOFT SHOE II (Ages 7-16)

Open to dancers who know all four soft shoe dances. Students will learn novice soft shoe steps & Ceili dances. Wear comfortable clothing, Irish gullies recommended.

55935 Tu 5:45 pm-6:30 pm 9/15-12/8  
Kent Commons P. Martig 12 sess/\$110  
No class 11/24

### IRISH FAST HARD SHOE (Ages 7 - 18)

Open to dancers who are qualified for and enrolled in Irish Soft Shoe II or above and wither new to hard shoe or working on the fast hard shoe rhythm. Students will learn the traditional treble jig, traditional hornpipe & St. Patrick's Day. Wear comfortable clothing, Irish hard shoes required.

55937 Tu 6:30 pm-7:00 pm 9/15-12/8  
Kent Commons P. Martig 12 sess/\$110  
No class 11/24

**HOLIDAY DANCE RECITAL** All fall dance students will have the opportunity to participate in the Kent Parks Holiday Dance Recital on Saturday, December 12. More information will be distributed in class. Participation is optional. Dance costumes must be purchased and range in price from \$35-\$45. Admission tickets for the recital are \$2 youth and \$4 adults.





## ADVANCED HARD SHOE (Ages 7-18)

Open to dancers who have demonstrated proficiency in the traditional hard shoe dances. Students will learn the slow hard shoe dances & advanced traditional set dances. Wear comfortable clothing, Irish hard shoes required.

55939	Tu	7:00 pm-7:45 pm	9/15-12/8
Kent Commons	P. Martig		12 sess/\$110
No class 11/24			

## ADVANCED SOFT SHOE (Ages 7-18)

Open to dancers who have a good knowledge of all soft shoe dances. Students will learn advanced soft shoe steps, Ceili dances and original choreography. Wear comfortable clothing, Irish gullies required.

55941	Tu	7:45 pm-8:30 pm	9/15-12/8
Kent Commons	P. Martig		12 sess/\$110
No class 11/26			

## LIL' HIP HOPPERS (Ages 5-7)

These lil' dancers will have a blast learning the basics of this popular dance style to age appropriate music. Wear comfortable dance attire. Black ballet or jazz shoes required.

55944	Sa	10:15 am-11:00 am	9/19-12/5
Kent Commons	T. Kirk		11 sess/\$77
No class 11/28			

## TAP & HIP HOP JAZZ FOR BOYS (Ages 7-12)

Finally, a dance class just for boys! This beginning/continuing level class will build on the basic steps for both tap and hip hop jazz dance. Students will develop the skills, athleticism and focus needed for dancing, in a fun environment where boys can be boys. Wear comfortable clothing, black tap and jazz shoes are required.

55945	Th	6:30 pm-7:30 pm	9/17-12/3
Kent Commons	T. Kirk		11 sess/\$77
No class 11/26			

## TAP & HIP HOP JAZZ I (Ages 6-11)

Develop dance skills in this beginner level class, with fun and energetic dancing to upbeat music. No experience necessary. Black tap and jazz/ ballet shoes required.

55946	Th	5:30 pm-6:30 pm	9/17-12/3
Kent Commons	T. Kirk		11 sess/\$77
No class 11/26			

## TAP & HIP HOP JAZZ II & III (Ages 11-18)

This class is designed for continuing Tap & Hip Hop Jazz students, or beginning students with prior dance experience. Black tap and black jazz/ ballet shoes required.

55947	Th	7:30 pm-8:30 pm	9/17-12/3
Kent Commons	T. Kirk		11 sess/\$77
No class 11/26			

## INTRO TO PRE-BALLET (Ages 3-5)

This 30-minute class is perfect for the beginning dancer. You will learn simple ballet techniques to lively music. Ballet shoes preferred, but not required. Suggested dress: leotard and tights.

55922	Th	7:00 pm-7:30 pm	9/17-12/3
Kent Commons	M. Murphy-Brown		11 sess/\$39

## MOM 'N' ME PRE-BALLET (Ages 3-5)

Together you will learn simple ballet techniques to lively music. Ballet shoes preferred, but not required. Wear comfortable clothing.

55948	M	9:30 am-10:15 am	9/14-11/30
Kent Commons	M. Murphy-Brown		12 sess/\$78

## PRE-BALLET

Young dancers will develop strength and coordination while having fun discovering the joy of dance. Suggested dress: leotards, tights & ballet shoes (girls - pink, boys - black).

### Ages 3-4

55949	M	10:15 am-11:00 am	9/14-11/30
55951	Tu	4:15 pm-5:00 pm	9/15-12/1
Kent Commons	M. Murphy-Brown		12 sess/\$78

55950	W	6:45 pm-7:30 pm	9/16-12/2
55952	W	11:00 am-11:45 am	9/16-12/2
Kent Commons	M. Murphy-Brown		11 sess/\$72
No class 11/11			

55953	Th	9:30 am-10:15 am	9/17-12/3
Kent Commons	M. Murphy-Brown		11 sess/\$72
No class 11/26			

### Ages 4-6

55955	Tu	5:30 pm-6:15 pm	9/15-12/1
Kent Commons	M. Murphy-Brown		12 sess/\$78

55956	W	10:15 am-11:00 am	9/16-12/2
Kent Commons	M. Murphy-Brown		11 sess/\$72
No class 11/11			

55957	Th	10:15 am-11:00 am	9/17-12/3
55958	Th	5:15 pm-6:00 pm	9/17-12/3
Kent Commons	M. Murphy-Brown		11 sess/\$72
No class 11/26			

56504	Sa	9:30 am-10:15 am	9/19-12/5
Kent Commons	T. Kirk		11 sess/\$72
No class 11/28			

## PRE-BALLET & TAP

This combination class of ballet and tap includes simple ballet techniques and basic tap shuffles. Pink ballet and black tap shoes required.

### Ages 4-6

55959	M	11:00 am-12:00 pm	9/14-11/30
Kent Commons	M. Murphy Brown		12 sess/\$84

55960	W	5:45 pm-6:45 pm	9/16-12/2
55961	Th	11:00 am-12:00 pm	9/17-12/3
Kent Commons	M. Murphy Brown		11 sess/\$77
No class 11/11			

### Ages 5-7

55962	Sa	10:15 am-11:00 am	9/19-12/5
Kent Commons	S. Giles		11 sess/\$77
No class 11/28			

## PRE-TAP & JAZZ (Ages 4-6)

Sample the joy of dance in this combination class, where young dancers will learn basic tap steps and creative movement through jazz dance in a fun environment, to age appropriate music. Suggested dress: leotard and tights. Black tap shoes and black jazz/ballet shoes required.

55963	Sa	11:00 am-12:00 pm	9/19-12/5
Kent Commons	T. Kirk		11 sess/\$77
No class 11/28			

# YOUTH PROGRAMS

## General

### GROSS OUT STEAM MANIA (Ages 6-12)

Yuck! If you like all things gross and weird, come to our hands-on program full of XL bubbles, super edible slime, explosions, bubbling potions and fuzzy molds. You will mix fake blood, make an intestine model, and learn the science behind various, gross bodily functions. You are guaranteed to make messes and bizarre experiments. For more information visit [wittyscientists.com](http://wittyscientists.com)

56652 F 4:30 pm-5:30 pm 9/18-12/11  
Kent Commons 12 sess/\$230  
No class 11/27

### SAFE AT HOME (Ages 8-12)

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, Internet, gun, phone and door safety. Parents are invited back for the last half hour of class for a video presentation and discussion.

55964 Sa 2:00 pm-4:00 pm 11/21  
Kent Commons J. Balls 1 sess/\$30

### SUPER SITTERS (Ages 11-16)

Boys and Girls, come for a day of fun while earning your Super Sitters Certificate. This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, and safety and first aid. Bring a sack lunch and snack to class.

55966 Sa 9:00 am-2:00 pm 11/21  
Kent Commons J. Balls 1 sess/\$60

### THE WITTY CSI LAB (Ages 6-12)

Become a crime-stopping hero in our witty forensic lab! Do you think you have what it takes to be a crime investigator? You will collect clues, identify suspects and solve crimes using chromatography, DNA extraction, fingerprinting, fiber analysis, message decoding and more. Totally minds-on, hands-on, and age appropriate. For more information visit [www.wittyscientists.com](http://www.wittyscientists.com)

56651 F 4:30 pm-5:30 pm 9/18-12/11  
Kent Commons 12 sess/\$230  
No class 11/27

## Gymnastics

### GIRL'S GYMNASTICS (Ages 6-12)

At Hart's Gymnastic Center we combine the fun with fitness while offering you the best gymnastic instruction in the Northwest!  
[harts-gymnastics.com](http://harts-gymnastics.com)

55983	M	5:00 pm-5:55 pm	8/31-9/28
55984	M	6:00 pm-6:55 pm	8/31-9/28
55985	M	7:00 pm-7:55 pm	8/31-9/28
55986	M	5:00 pm-5:55 pm	10/5-10/26
55987	M	6:00 pm-6:55 pm	10/5-10/26
55988	M	7:00 pm-7:55 pm	10/5-10/26
55989	M	5:00 pm-5:55 pm	11/2-11/23
55990	M	6:00 pm-6:55 pm	11/2-11/23
55991	M	7:00 pm-7:55 pm	11/2-11/23
55992	M	5:00 pm-5:55 pm	11/30-12/21
55993	M	6:00 pm-6:55 pm	11/30-12/21
55994	M	7:00 pm-7:55 pm	11/30-12/21
No class 9/7			

55995	Tu	5:00 pm-5:55 pm	9/1-9/22
55996	Tu	6:00 pm-6:55 pm	9/1-9/22
55997	Tu	7:00 pm-7:55 pm	9/1-9/22
55998	Tu	5:00 pm-5:55 pm	10/6-10/27
55999	Tu	6:00 pm-6:55 pm	10/6-10/27
56000	Tu	7:00 pm-7:55 pm	10/6-10/27
56001	Tu	5:00 pm-5:55 pm	11/3-11/24
56002	Tu	6:00 pm-6:55 pm	11/3-11/24
56003	Tu	7:00 pm-7:55 pm	11/3-11/24
56004	Tu	5:00 pm-5:55 pm	12/1-12/22
56005	Tu	6:00 pm-6:55 pm	12/1-12/22
56006	Tu	7:00 pm-7:55 pm	12/1-12/22

56007	W	5:00 pm-5:55 pm	9/2-9/23
56008	W	6:00 pm-6:55 pm	9/2-9/23
56009	W	7:00 pm-7:55 pm	9/2-9/23
56010	W	5:00 pm-5:55 pm	10/7-10/28
56011	W	6:00 pm-6:55 pm	10/7-10/28
56012	W	7:00 pm-7:55 pm	10/7-10/28
56013	W	5:00 pm-5:55 pm	11/4-11/25
56014	W	6:00 pm-6:55 pm	11/4-11/25
56015	W	7:00 pm-7:55 pm	11/4-11/25
56016	W	5:00 pm-5:55 pm	12/2-12/23
56017	W	6:00 pm-6:55 pm	12/2-12/23
56018	W	7:00 pm-7:55 pm	12/2-12/23

56019	Th	5:00 pm-5:55 pm	9/3-9/24
56020	Th	6:00 pm-6:55 pm	9/3-9/24
56021	Th	7:00 pm-7:55 pm	9/3-9/24
56022	Th	5:00 pm-5:55 pm	10/1-10/22
56023	Th	6:00 pm-6:55 pm	10/1-10/22
56024	Th	7:00 pm-7:55 pm	10/1-10/22
56025	Th	5:00 pm-5:55 pm	10/29-11/19
56026	Th	6:00 pm-6:55 pm	10/29-11/19
56027	Th	7:00 pm-7:55 pm	10/29-11/19
56028	Th	5:00 pm-5:55 pm	12/3-12/17
56037	Th	6:00 pm-6:55 pm	12/3-12/17
56038	Th	7:00 pm-7:55 pm	12/3-12/17

56029	Sa	10:00 am-10:55 am	9/12-10/3
56030	Sa	11:00 am-11:55 am	9/12-10/3
56031	Sa	10:00 am-10:55 am	10/10-10/31
56032	Sa	11:00 am-11:55 am	10/10-10/31
56033	Sa	10:00 am-10:55 am	11/7-11/28
56034	Sa	11:00 am-11:55 am	11/7-11/28
56035	Sa	10:00 am-10:55 am	12/5-12/26
56036	Sa	11:00 am-11:55 am	12/5-12/26
Hart's Gymnastics Staff 4 sess/\$58			

### BOY'S GYMNASTICS (Ages 6-12)

Learn skills on the six Olympic men's events while also enjoying the trampoline and loose foam pits.

55973	M	5:00 pm-5:55 pm	8/31-9/28
55974	M	5:00 pm-5:15 pm	10/5-10/26
55975	M	5:00 pm-5:55 pm	11/2-11/23
55976	M	5:00 pm-5:55 pm	11/30-12/21
55977	Tu	6:00 pm-6:55 pm	9/1-9/22
55978	Tu	6:00 pm-6:55 pm	10/6-10/27
55979	Tu	6:00 pm-6:55 pm	11/3-11/24
55980	Tu	6:00 pm-6:55 pm	12/1-12/22
55981	Th	5:00 pm-5:55 pm	9/3-9/24
55982	Th	5:00 pm-5:55 pm	10/1-10/22
55968	Th	5:00 pm-5:55 pm	10/29-11/19
55969	Th	5:00 pm-5:55 pm	12/3-12/17
Hart's Gymnastics H. Staff 4 sess/\$58			
No class 9/7			

### GYMNASTICS CAMP (Ages 5+)

Learn and improve your gymnastic skills on the Olympic events, you will jump on our 40-foot trampoline, fly into the loose foam pit, do crafts, and more! Snack and supplies provided, bring a sack lunch and water bottle. Please call the Kent Commons to register using the family discount.

56043 M-W 8:00 am-3:00 pm 12/28-12/30  
Hart's Gymnastics Staff 3 sess/\$100  
2 children/\$175  
3 children/\$225

## Martial Arts

### BEGINNING KARATE FOR HOMESCHOOLERS

Learn the fundamentals with an emphasis on developing balance, coordination and concentration. Basic self-defense techniques will be introduced.

#### Ages 4-8

56046	W	2:00 pm-2:45 pm	9/9-9/30
56047	W	2:00 pm-2:45 pm	10/7-10/28
56048	W	2:00 pm-2:45 pm	11/4-11/25
56049	W	2:00 pm-2:45 pm	12/2-12/23

#### Ages 9-14

56051	W	2:45 pm-3:30 pm	9/9-9/30
56052	W	2:45 pm-3:30 pm	10/7-10/28
56054	W	2:45 pm-3:30 pm	11/4-11/25
56055	W	2:45 pm-3:30 pm	12/2-12/23
ACMMA R. Dye 4 sess/\$35			



## KARATE FOR CHILDREN (Ages 5-13)

Programs emphasize developing balance, coordination, concentration and respect for self and others.

### Ages 5-6

56056	Sa	10:15 am-11:00 am	9/5-9/26
56080	W	4:00 pm-4:45 pm	9/9-9/30
56057	Sa	10:15 am-11:00 am	10/3-10/24
56061	W	4:00 pm-4:45 pm	10/7-10/28
56058	Sa	10:15 am-11:00 am	10/31-11/21
56062	W	4:00 pm-4:55 pm	11/4-11/25
56063	W	4:00 pm-4:45 pm	12/2-12/23
56060	Sa	10:15 am-11:00 am	12/5-12/26

### Ages 7-10

56068	Th	5:30 pm-6:15 pm	9/3-9/24
56064	Sa	11:00 am-11:45 am	9/5-9/26
56065	Sa	11:00 am-11:45 am	10/3-10/24
56069	Th	5:30 pm-6:15 pm	10/1-10/22
56070	Th	5:30 pm-6:15 pm	10/29-11/19
56066	Sa	11:00 am-11:45 am	10/31-11/21
56071	Th	5:30 pm-6:15 pm	12/3-12/17
56067	Sa	11:00 am-11:45 am	12/5-12/26

### Ages 11-13

56072	Tu	4:45 pm-5:30 pm	9/8-9/29
56073	Tu	4:45 pm-5:30 pm	10/6-10/27
56074	Tu	4:45 pm-5:30 pm	11/3-11/24
56075	Tu	4:45 pm-5:30 pm	12/1-12/22
ACMMA	R. Dye		4 sess/\$35



## GUITAR LESSONS (Ages 7+)

One-on-one lesson designed for students with acoustic or electric guitar. Class covers basic techniques, hand position, fingering, tuning and care. Please bring your guitar to class.

56378	Tu	3:00 pm-3:30 pm	9/1-9/29
56379	Tu	3:30 pm-4:00 pm	
56380	Tu	4:00 pm-4:30 pm	
56381	Tu	4:30 pm-5:00 pm	
56382	Tu	5:00 pm-5:30 pm	
56383	Tu	5:30 pm-6:00 pm	
56384	Tu	6:00 pm-6:30 pm	5 sess/\$90
56370	M	3:00 pm-3:30 pm	9/14-9/28
56371	M	3:30 pm-4:00 pm	
56372	M	4:00 pm-4:30 pm	
56373	M	4:30 pm-5:00 pm	
56374	M	5:00 pm-5:30 pm	
56375	M	5:30 pm-6:00 pm	
56449	M	6:00 pm-6:30 pm	
56376	M	6:30 pm-7:00 pm	
56377	M	7:00 pm-7:30 pm	3 sess/\$54
56385	M	3:00 pm-3:30 pm	10/5-10/26
56386	M	3:30 pm-4:00 pm	
56387	M	4:00 pm-4:30 pm	
56388	M	4:30 pm-5:00 pm	
56389	M	5:00 pm-5:30 pm	
56390	M	5:30 pm-6:00 pm	
56391	M	6:00 pm-6:30 pm	
56392	M	6:30 pm-7:00 pm	
56393	M	7:00 pm-7:30 pm	4 sess/\$72

## KENDO-JAPANESE SWORDSMANSHIP (Ages 7-14)

You will develop confidence and learn the culture and etiquette of Japan. Learn basic footwork and Japanese Samurai swordsmanship. Wooden sword is available from instructor for \$25. Class fee does not include equipment costs for continuing and advanced students. Youth and adult classes are combined.

### Beginning

56081	M	7:00 pm-7:50 pm	9/14-12/7
Kent Commons	C. Marsten		12 sess/\$78
No class 11/30			

### Continuing

56083	M	8:00 pm-8:50 pm	9/14-12/7
Kent Commons	C. Marsten		12 sess/\$78
No class 11/30			

### Advanced

56085	W	7:00 pm-9:00 pm	9/9-12/9
Kent Commons	C. Marsten		13 sess/\$85
No class 11/11			

## PAT POWERS VOLLEYBALL CLINIC

Experience over twenty years of playing and coaching experience with one of the 'founding fathers' of modern day volleyball. Learn secrets from one of the best in the game, including putting spin on a ball to increase control, how to snap a ball instead of hitting it and putting 'pop' on your serves. Ages 13 to adult, 12 year olds may register if entering 7th grade by calling 253-856-5000. Sorry, no elementary school kids.

54365	M-Tu	9:00 am-4:00 pm	8/3-8/4
Kent Commons	P. Powers		2 sess/\$145

## Creative Arts

### ART LESSONS (Ages 7+)

One-on-one art tutoring designed for the beginning to intermediate student. Artist Cathe McNeil is available for lessons in drawing, watercolor, oil pastel, and cartooning. Class is catered to your specific needs and interests.

56087	Sa	12:00 pm-12:30 pm	9/12-9/26
56088	Sa	12:30 pm-1:00 pm	9/12-9/26
56089	Sa	1:00 pm-1:30 pm	9/12-9/26
56090	Sa	1:30 pm-2:00 pm	9/12-9/26
56091	Sa	2:00 pm-2:30 pm	9/12-9/26
56092	Sa	2:30 pm-3:00 pm	9/12-9/26
Kent Commons	C. McNeil		3 sess/\$50
56093	Sa	12:00 pm-12:30 pm	10/3-10/24
56094	Sa	12:30 pm-1:00 pm	10/3-10/24
56095	Sa	1:00 pm-1:30 pm	10/3-10/24
56096	Sa	1:30 pm-2:00 pm	10/3-10/24
56097	Sa	2:00 pm-2:30 pm	10/3-10/24
56098	Sa	2:30 pm-3:00 pm	10/3-10/24
Kent Commons	C. McNeil		4 sess/\$66
56099	Sa	12:00 pm-12:30 pm	11/7-11/21
56100	Sa	12:30 pm-1:00 pm	11/7-11/21
56101	Sa	1:00 pm-1:30 pm	11/7-11/21
56102	Sa	1:30 pm-2:00 pm	11/7-11/21
56103	Sa	2:00 pm-2:30 pm	11/7-11/21
56104	Sa	2:30 pm-3:00 pm	11/7-11/21
Kent Commons	C. McNeil		3 sess/\$50
56105	Sa	12:00 pm-12:30 pm	12/5-12/19
56106	Sa	12:30 pm-1:00 pm	12/5-12/19
56107	Sa	1:00 pm-1:30 pm	12/5-12/19
56108	Sa	1:30 pm-2:00 pm	12/5-12/19
56109	Sa	2:00 pm-2:30 pm	12/5-12/19
56543	Sa	2:30 pm-3:00 pm	12/5-12/19
Kent Commons	C. McNeil		3 sess/\$50

### DRAWING (Ages 7-12)

Based on popular drawing methods, students gain confidence in drawing with pencils, markers, and color pencils. All levels work at their own level and growing ability. On going with new projects through the year.

56110	Sa	10:00 am-11:30 am	9/12-9/26
Kent Commons	C. McNeil		3 sess/\$50
56111	Sa	10:00 am-11:30 am	10/3-10/24
Kent Commons	C. McNeil		4 sess/\$66
56112	Sa	10:00 am-11:30 am	11/7-11/21
56113	Sa	10:00 am-11:30 am	12/5-12/19
Kent Commons	C. McNeil		3 sess/\$50

56426	Tu	3:00 pm-3:30 pm	12/1-12/29
56428	Tu	3:30 pm-4:00 pm	
56427	Tu	4:00 pm-4:30 pm	
56429	Tu	4:30 pm-5:00 pm	
56430	Tu	5:00 pm-5:30 pm	
56448	Tu	5:30 pm-6:00 pm	
56432	Tu	6:00 pm-6:30 pm	5 sess/\$90
56417	M	3:00 pm-3:30 pm	12/7-12/28
56418	M	3:30 pm-4:00 pm	
56419	M	4:00 pm-4:30 pm	
56420	M	4:30 pm-5:00 pm	
56421	M	5:00 pm-5:30 pm	
56422	M	5:30 pm-6:00 pm	
56423	M	6:00 pm-6:30 pm	
56424	M	6:30 pm-7:00 pm	
56425	M	7:00 pm-7:30 pm	
Kent Commons	L. Andersen		4 sess/\$72

# YOUTH PROGRAMS

## PIANO OR VOICE LESSONS CHILDREN & ADULTS

One-on-one lessons, where student will progress at own pace. **Piano for ages 5 & up:** beginners may purchase \$5 book from instructor. **Voice for ages 10 & up:** sign songs that have stood the test of time.



56135	W	3:00 pm-3:30 pm	9/9-9/30	56181	F	3:00 pm-3:30 pm	10/2-10/30	56249	F	3:00 pm-3:30 pm	11/6-11/20
56136	W	3:30 pm-4:00 pm		56182	F	3:30 pm-4:00 pm		56250	F	3:30 pm-4:00 pm	
56137	W	4:00 pm-4:30 pm		56183	F	4:00 pm-4:30 pm		56251	F	4:00 pm-4:30 pm	
56138	W	4:30 pm-5:00 pm		56184	F	4:30 pm-5:00 pm		56252	F	4:30 pm-5:00 pm	
56139	W	5:30 pm-6:00 pm		56134	F	5:00 pm-5:30 pm		56253	F	5:30 pm-6:00 pm	
56141	W	6:00 pm-6:30 pm		56185	F	5:30 pm-6:00 pm		56254	F	6:00 pm-6:30 pm	
56142	W	6:30 pm-7:00 pm		56186	F	6:00 pm-6:30 pm		56255	F	6:30 pm-7:00 pm	
56143	W	7:00 pm-7:30 pm		56187	F	6:30 pm-7:00 pm		56256	F	7:00 pm-7:30 pm	
56144	W	7:30 pm-8:00 pm		56188	F	7:00 pm-7:30 pm		56271	F	7:30 pm-8:00 pm	
56145	W	8:00 pm-8:30 pm		56189	F	7:30 pm-8:00 pm		56257	F	8:00 pm-8:30 pm	
56146	W	8:30 pm-9:00 pm	4 sess/\$80	56190	F	8:00 pm-8:30 pm		56258	F	8:30 pm-9:00 pm	3 sess/\$60
				56191	F	8:30 pm-9:00 pm	5 sess/\$100				
56147	Th	3:00 pm-3:30 pm	9/10-9/24	56192	Sa	3:00 pm-3:30 pm	10/3-10/31	56260	Sa	3:00 pm-3:30 pm	11/7-11/21
56148	Th	3:30 pm-4:00 pm		56193	Sa	3:30 pm-4:00 pm		56261	Sa	3:30 pm-4:00 pm	
56149	Th	4:00 pm-4:30 pm		56194	Sa	4:00 pm-4:30 pm		56262	Sa	4:00 pm-4:30 pm	
56150	Th	4:30 pm-5:00 pm		56195	Sa	4:30 pm-5:00 pm		56263	Sa	4:30 pm-5:00 pm	
56151	Th	5:30 pm-6:00 pm		56196	Sa	5:00 pm-5:30 pm		56264	Sa	5:00 pm-5:30 pm	
56152	Th	6:00 pm-6:30 pm		56197	Sa	5:30 pm-6:00 pm		56265	Sa	5:30 pm-6:00 pm	
56153	Th	6:30 pm-7:00 pm		56198	Sa	6:00 pm-6:30 pm		56266	Sa	6:00 pm-6:30 pm	
56154	Th	7:00 pm-7:30 pm		56199	Sa	6:30 pm-7:00 pm		56267	Sa	6:30 pm-7:00 pm	
56336	Th	7:30 pm-8:00 pm		56200	Sa	7:00 pm-7:30 pm		56268	Sa	7:00 pm-7:30 pm	
56155	Th	8:00 pm-8:30 pm		56201	Sa	7:30 pm-8:00 pm		56269	Sa	7:30 pm-8:00 pm	
56156	Th	8:30 pm-9:00 pm	3 sess/\$60	56202	Sa	8:00 pm-8:30 pm		56270	Sa	8:00 pm-8:30 pm	
				56203	Sa	8:30 pm-9:00 pm	5 sess/\$100	56272	Sa	8:30 pm-9:00 pm	3 sess/\$60
56157	F	3:00 pm-3:30 pm	9/11-9/25	56204	W	3:00 pm-3:30 pm	10/7-10/28	56274	W	3:00 pm-3:30 pm	12/2-12/16
56158	F	3:30 pm-4:00 pm		56205	W	3:30 pm-4:00 pm		56333	W	3:30 pm-4:00 pm	
56159	F	4:00 pm-4:30 pm		56206	W	4:00 pm-4:30 pm		56275	W	4:00 pm-4:30 pm	
56160	F	4:30 pm-5:00 pm		56207	W	4:30 pm-5:00 pm		56276	W	4:30 pm-5:00 pm	
56161	F	5:00 pm-5:30 pm		56208	W	5:30 pm-6:00 pm		56277	W	5:30 pm-6:00 pm	
56162	F	5:30 pm-6:00 pm		56209	W	6:00 pm-6:30 pm		56278	W	6:00 pm-6:30 pm	
56163	F	6:00 pm-6:30 pm		56210	W	6:30 pm-7:00 pm		56312	W	6:30 pm-7:00 pm	
56164	F	6:30 pm-7:00 pm		56211	W	7:00 pm-7:30 pm		56279	W	7:00 pm-7:30 pm	
56165	F	7:00 pm-7:30 pm		56212	W	7:30 pm-8:00 pm		56280	W	7:30 pm-8:00 pm	
56166	F	7:30 pm-8:00 pm		56213	W	8:00 pm-8:30 pm		56281	W	8:00 pm-8:30 pm	
56167	F	8:00 pm-8:30 pm		56214	W	8:30 pm-9:00 pm	4 sess/\$80	56282	W	8:30 pm-9:00 pm	3 sess/\$60
56168	F	8:30 pm-9:00 pm	3 sess/\$60								
56169	Sa	3:00 pm-3:30 pm	9/12-9/26	56226	W	3:00 pm-3:30 pm	11/4-11/18	56283	Th	3:00 pm-3:30 pm	12/3-12/17
56170	Sa	3:30 pm-4:00 pm		56227	W	3:30 pm-4:00 pm		56284	Th	3:30 pm-4:00 pm	
56171	Sa	4:00 pm-4:30 pm		56228	W	4:00 pm-4:30 pm		56285	Th	4:00 pm-4:30 pm	
56172	Sa	4:30 pm-5:00 pm		56229	W	4:30 pm-5:00 pm		56286	Th	4:30 pm-5:00 pm	
56173	Sa	5:00 pm-5:30 pm		56231	W	5:30 pm-6:00 pm		56287	Th	5:30 pm-6:00 pm	
56174	Sa	5:30 pm-6:00 pm		56232	W	6:00 pm-6:30 pm		56288	Th	6:00 pm-6:30 pm	
56175	Sa	6:00 pm-6:30 pm		56233	W	6:30 pm-7:00 pm		56289	Th	6:30 pm-7:00 pm	
56176	Sa	6:30 pm-7:00 pm		56234	W	7:00 pm-7:30 pm		56290	Th	7:00 pm-7:30 pm	
56177	Sa	7:00 pm-7:30 pm		56235	W	7:30 pm-8:00 pm		56291	Th	7:30 pm-8:00 pm	
56178	Sa	7:30 pm-8:00 pm		56236	W	8:00 pm-8:30 pm		56313	Th	8:00 pm-8:30 pm	
56179	Sa	8:00 pm-8:30 pm		56237	W	8:30 pm-9:00 pm	2 sess/\$40	56293	Th	8:30 pm-9:00 pm	3 sess/\$60
56180	Sa	8:30 pm-9:00 pm	3 sess/\$60	No class	11/11			56294	F	3:00 pm-3:30 pm	12/4-12/18
56215	Th	3:00 pm-3:30 pm	10/1-10/29	56238	Th	3:00 pm-3:30 pm	11/5-11/19	56295	F	3:30 pm-4:00 pm	
56216	Th	3:30 pm-4:00 pm		56239	Th	3:30 pm-4:00 pm		56296	F	4:00 pm-4:30 pm	
56217	Th	4:00 pm-4:30 pm		56240	Th	4:00 pm-4:30 pm		56297	F	4:30 pm-5:00 pm	
56218	Th	4:30 pm-5:00 pm		56241	Th	4:30 pm-5:00 pm		56298	F	5:00 pm-5:30 pm	
56219	Th	5:30 pm-6:00 pm		56242	Th	5:30 pm-6:00 pm		56299	F	5:30 pm-6:00 pm	
56220	Th	6:00 pm-6:30 pm		56243	Th	6:00 pm-6:30 pm		56300	F	6:00 pm-6:30 pm	
56221	Th	6:30 pm-7:00 pm		56244	Th	6:30 pm-7:00 pm		56301	F	6:30 pm-7:00 pm	
56222	Th	7:00 pm-7:30 pm		56245	Th	7:00 pm-7:30 pm		56302	F	7:00 pm-7:30 pm	
56223	Th	7:30 pm-8:00 pm		56246	Th	7:30 pm-8:00 pm		56303	F	7:30 pm-8:00 pm	
56224	Th	8:00 pm-8:30 pm		56247	Th	8:00 pm-8:30 pm		56304	F	8:00 pm-8:30 pm	
56225	Th	8:30 pm-9:00 pm	5 sess/\$100	56248	Th	8:30 pm-9:00 pm	3 sess/\$60	56305	F	8:30 pm-9:00 pm	3 sess/\$60
								56306	Sa	3:00 pm-3:30 pm	12/5-12/19
								56307	Sa	3:30 pm-4:00 pm	
								56308	Sa	4:00 pm-4:30 pm	
								56327	Sa	4:30 pm-5:00 pm	
								56328	Sa	5:00 pm-5:30 pm	
								56329	Sa	5:30 pm-6:00 pm	
								56330	Sa	6:00 pm-6:30 pm	
								56331	Sa	6:30 pm-7:00 pm	
								56332	Sa	7:00 pm-7:30 pm	
								56309	Sa	7:30 pm-8:00 pm	
								56310	Sa	8:00 pm-8:30 pm	
								56311	Sa	8:30 pm-9:00 pm	
								Kent Commons	C. D'Ambrosio	3 sess/\$60	

## 2015 **Futb 1/ Football** **CHALLENGE** **FREE!**

**Monday, Sept. 14**

**Wilson Playfields - Upper Field**

**Registration 5:00-5:45 p.m. • Competition begins at 6:00 p.m.**

### **SOCCER SKILLS COMPETITION**

Free competition for kids 14 years old and under. Participants compete in three skill categories; dribbling, goal shots and kick accuracy. Each participant receives one throw-in & kick for distance and accuracy, one dribbling for time and two goals shots. Only tennis shoes are allowed. Winners of each age/gender category advance to regional/state competition.

### **NFL PUNT, PASS & KICK**

This free competition is open to boys and girls 6–15 years of age. Each contestant will compete in three categories: Punting, passing and kicking (using a kicking tee). Pre-registration is not required.



## Plan the year for Youth Sports!

**Registration forms for upcoming sports programs will be available at local Kent schools and the Kent Commons.**

Recreational programs for youth in the City of Kent or Kent School District in unincorporated King County

<b>Sport</b>	<b>Reg. Opens</b>	<b>Reg. Deadline</b>	<b>Jamboree</b>	<b>Season End</b>
<b>Youth Basketball</b>				
Coed 1/2 Grade	Early Oct.	2nd Mo in Dec	None-Program starts Mid Jan.	Early March
Boy's/Girl's 3/6 Grade	Early Sept.	1st Mo in Nov.	Fr/Sa after New Year	Early March
Boy's 7/8 Grade	Early Oct.	Last Mo in Nov.	3rd Th in January	Mid-March
Boy's 9-12 Grade	Early Oct.	Last Mo. in Nov.	3rd Th in January	Mid-March
<b>Baseball/Softball</b>				
T-Ball (pre K/K)	Early Dec.	Last Mo in February	3rd Sa in April	Mid-June
Toss Ball (1/2 Grade)	Early Dec.	Last Mo in February	3rd Sa in April	Mid-June
Boy's Baseball 3/6 Grade	Early Jan.	1st Mo in March	1st Sa in May	Late June
Boy's Baseball 7/12 Grade	Early Jan.	1st Mo in April	3rd Th in May	Mid-July
Girl's Softball 3/12 Grade	Early Jan.	3rd Mo in March	3rd Sa in May	Late June
<b>Youth Soccer</b>				
Co-ed Pre-K (3/4 Yrs. old)	Late May	1st Mo in August	2nd Sa after Labor Day	Mid-Nov.
Co-ed (K/1)	Late May	1st Mo in August	2nd Sa after Labor Day	Mid-Nov.
Boy's/Girl's 2/6 Grade	Late May	1st Mo in August	1st Sa after Labor Day	Early Nov.
<b>Boy's Flag Football 4/7 Grade</b>	Early June	4th Mo in August	1st Tu in October	Mid-Nov.
<b>Jr. Hoopsters 1/2 Grade</b>	Early June	4th Mo in August	None—Program is Mondays in Oct.	
<b>Girl's Volleyball</b>				
Girl's Spring Volleyball 6/12 Grade	Late Nov.	1st Mo in February	1st Thurs in April	Mid-May
Girl's Fall Volleyball 7/12 Grade	Early June	2nd Mo in September	3rd Thurs in Oct.	Late Nov.



# YOUTH SPORTS

## TENNIS LESSONS - YOUTH & ADULT

Tennis lessons for youth (ages 6 and up) and adults seeking beginning or intermediate instruction. Lessons are at Kent Meridian High School. Taught by USPTA-certified tennis professional Steve Walters. Locations subject to change.

### Beginner Ages 11-14

54342	Tu, Th	6:00 pm-7:00 pm	9/1-9/24
54343	Tu, Th	6:00 pm-7:00 pm	10/6-10/29

### Beginner/Intermediate Ages 15-Adult

54348	Tu, Th	7:00 pm-8:00 pm	9/1-9/24
Kent-Meridian High School		S. Walters	8 sess/\$65

## YOUTH FLAG FOOTBALL

Recreational program for youth (attending grades 3/4 and 5/6 during the 2015-2016 school year) in the City of Kent or Kent School District in unincorporated King County. Season runs October through mid-November. **Deadline to register is August 17.**

### Grades 3/4

54361	Tu/We/Th	Wilson Playfields	\$50
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### Grades 5/6

54362	Tu/We/Th	Wilson Playfields	\$50
Register online at <a href="http://webreg.KentWA.gov">webreg.KentWA.gov</a>			

## YOUTH SOCCER (Grades 2-6)

Soccer leagues for youth in the City of Kent or the Kent School District in unincorporated King County. Teams are limited to 15 players and games are 11 vs 11. Practices are weeknights and begin in early September. Games are predominantly on weekends at local fields. Jamboree is September 12 and the season ends in early November.

**Deadline to register is August 3.**

### Girls

54351	Grades 2/3	
54352	Grades 4/5	
54353	Grade 6	\$55

### Boys

54354	Grade 2	
54355	Grade 3	
54356	Grade 4	
54357	Grade 5/6	\$55

## COED YOUTH SOCCER

### (Pre-K & K-1)

Soccer leagues for youth in the City of Kent or the Kent School District in unincorporated King County. Practices are weeknights and begin in late August. Games are played mostly on weekends at Kent area fields. Jamboree is September 19 and season ends in mid November. **Deadline to register is August 3.**

**Pre-K League:** Teams are limited to 10 players and games are 5 vs 5. Participants must have turned 3 years of age by August 31, 2015.

**Kindergarten/1st Grade League:** Teams are limited to 12 players and games are 8 vs 8. Participants must currently be enrolled in Kindergarten or 1st grade. Must turn five years of age by August 31, 2015.

### COED

54349	Grade Pre-K	
54350	Grades K/1	\$55

## GIRLS FALL JR. VOLLEYBALL

### (Grades 7/8, 9-12)

Recreational play for girls in Grades 7-12. Teams are limited to 10 players. Practices and games are week nights. September-November. **Deadline to register is September 14.**

54363	Grades 7/8	\$55
54364	Grades 9/12	\$55

## JUNIOR HOOPSTERS BASKETBALL PROGRAM

Instructional basketball program for boys and girls grades K-2. Have fun and learn the fundamentals of basketball. Registration open on May 1. **Deadline to register is August 17.** Program is limited to 40 participants per session. Program runs for five weeks, Sept. 28 - Oct. 26. **Volunteer coaches are needed: For information call (253) 856-5000.**

### K-2 GRADE

54359	M K	5:30 pm-6:30 pm	9/28-10/26
54360	M 1/2	6:30 pm-7:30 pm	9/28-10/26
Kent Commons			\$45

## COED BASKETBALL (1/2)

A recreational basketball league for boys and girls (coed) in the City of Kent or the Kent School District in unincorporated King County attending 1st/2nd grade during the 2015-2016 school year. Boys and girls will be placed on a team in their own grade level. The program is eight weeks long starting mid-January. Practices are on the first two Saturdays with games on the remaining six Saturdays. 1st and 2nd grade leagues may be combined. **Deadline to register is December 14.**

54368	Grade 1	\$50
54369	Grades 2	\$50

## GIRL'S BASKETBALL (3/4/5/6)

A recreational basketball league for all girls in the City of Kent or the Kent School District in unincorporated King County attending 3/4/5/6 grade during the 2015-2016 school year. Practices start in December. Games are played January-March at local area gyms. Girls will be placed on a team in their grade level. **Deadline to register is November 2.**

54370	Grades 3	\$55
54371	Grades 4	\$55
54372	Grades 5	\$55
54373	Grades 6	\$55

## Youth Sports Officials Wanted

Kent Parks, Recreation & Community Services is looking for new and experienced youth sports officials. Must be 14 years of age or older. If you are interested in officiating soccer, flag football, basketball, volleyball or umpiring baseball or fast pitch, please call (253) 856-5000.

## YOUTH SPORTS SPONSORSHIP

A \$150 Youth Team Sponsorship benefits the youth in our community. A sponsorship allows fees to remain affordable, insures that all participants will have safe, high quality equipment, shows community involvement AND advertises your business. (253) 856-5000 or visit [KentWA.gov/sportsleagues](http://KentWA.gov/sportsleagues) for more information.

## BOY'S BASKETBALL (3/4/5/6)

A recreational basketball league for all boys in the City of Kent or the Kent School District in unincorporated King County attending 3/4/5/6 grade during the 2015-2016 school year. Practices start in December. Games are played January-March at local area gyms. Boys will be placed on a team in their own grade level. **Deadline to register is November 2.**

54374	Grade 3	\$55
54375	Grade 4	\$55
54376	Grade 5	\$55
54377	Grade 6	\$55

## BOY'S MIDDLE SCHOOL/HIGH SCHOOL BASKETBALL (7/8) (9-12)

This program is for those boys who did not make the 2015-2016 School Team, this includes Home Team, Fifth Quarter and Travel Squad. Registrants must reside within the City of Kent, or Kent School District in unincorporated King County. All games will be played on weekday evenings and Sundays. Season begins the week of January 25. You must be pre-registered. **Deadline to register is November 23.**

54378	Grades 7-8	\$70
54379	Grades 9-12	\$70

## GIRLS BASKETBALL CAMP KENTRIDGE

Learn and improve your basketball skills at basketball camp held at Kentridge High School. Camp T-shirt included. **Registration deadline is one week before camp.**

54380	S	9:00 am-12:00 pm	12/12
Kentridge High School	B. Sandall		1 sess/\$25

## BASKETBALL SKILLS COMPETITION

Participants compete in the Hoop Shoot, Freethrow and Hot Spot Contest. Contestants are divided into four age divisions, 8 & under through 14 years old, and by gender. Competition is on Monday, December 21 at 9:30 am. Warm-up and registration begins one half hour before competition. Event is free of charge. Sign-up at the door.

54381	M	9:00 am-12:00 pm	12/21
Kent Commons			FREE



## Worldwide Day of Play

**Saturday, September 19**

**Turn off the TV/Video Games and join us for an evening of games, face painting, music, arts and crafts projects and a healthy snack!**

**Fun for the entire family.**

**5:30 p.m.–7:30 p.m.**

**Kent Parks Community Center  
11000 SE 264th St.**

**For more info call 253-856-5030  
or visit KentTeens.com**

### JUNIOR AFTER SCHOOL ALL STARS

Jr. All-Stars is an elementary school program for students grades 1-6, to promote an active lifestyle by encouraging healthy cooking/eating choices as well as more play time and less "screen time". Jr. All-Stars is a FREE program, but space is limited and registration is required prior to attending. There is no program on conference days or during school holidays. Please call 253-856-5030 for more information.

#### Springbrook Jr. All-Stars

55756 Tu, Th 3:23 pm-5:00 pm 9/15-5/31

#### Emerald Park Jr. All-Stars

55757 W 3:18 pm-5:00 pm 9/16-5/25

#### Soos Creek Jr. All-Stars

55758 M 3:38 pm-5:00 pm 9/14-5/30  
D. Hobbs FREE



### HOLIDAY CAMP

We'll keep your K-6th grader entertained during the Kent School District Winter Break with TONS of interactive group games, creative arts and crafts and a field trip to see a movie each week. Kids must bring a morning snack and sack lunch; afternoon snack will be provided by Kent Parks. Register your child today online, or call 253-856-5030 for more information.

#### Week 1: Field trip on 12/23

55759 M-Th 7:00 am-6:00 pm 12/21-12/24\*  
Kent Commons M. McCaughan 4 sess/\$128

\*Camp will close at 4pm on 12/24; no camp 12/25

#### Week 2: Field trip on 12/30

55760 M-Th 7:00 am-6:00 pm 12/28-12/31\*  
Kent Commons M. McCaughan 4 sess/\$128

\*Camp will close at 4 pm on 12/31; no camp 1/1



### AFTER SCHOOL ENERGY

Looking for a fun-filled afternoon for your K-6th grader? We offer a variety of HIGH ENERGY activities at 8 local elementary schools that will get your child up and active and having a ton of fun while doing it - and best of all it's FREE! Just complete our ASE registration form and return it to Kent Commons so your child can attend. Space is limited and REGISTRATION IS LIMITED TO ONE SCHOOL PER CHILD. There is no program on conference days, or during school holidays. Call 253-856-5030 for more information.

#### Park Orchard Elementary

55745 Tu 2:58 pm-5:00 pm 9/15-5/24

#### Meadow Ridge Elementary

55746 Tu 2:38 pm-5:00 pm 9/15-5/24

#### Panther Lake Elementary

55747 W 2:58 pm-5:00 pm 9/16-5/25

#### Scenic Hill Elementary

55748 W 2:38 pm-5:00 pm 9/16-5/25

#### Horizon Elementary

55749 Th 3:23 pm-5:00 pm 9/24-5/26

#### Kent Elementary

55750 Th 3:08 pm-5:00 pm 9/17-5/26

#### Pine Tree Elementary

55751 F 3:38 pm-5:00 pm 9/18-5/27

#### East Hill Elementary

55752 F 3:38 pm-5:00 pm 9/18-5/27

M. McCaughan

FREE



### PRESIDENTS' WEEK CAMP

Sign your K-6th grader up for a week packed full of crafts, songs, group games, and entertainment. Kids must bring a morning snack and sack lunch; afternoon snack will be provided by Kent parks. To register call 253-856-5030.

55761 Tu-F 7:00 am-6:00 pm 2/16-2/19\*  
Kent Commons M. McCaughan 4 sess/\$132

\*No camp 2/15

# YOUTH/TEEN PROGRAMS



After School All-Stars is a middle school recreation program for students at three community sites. Each location has its own activities and special events that keep teens engaged, active and healthy. **The program is free but pre-registration is required.**

Contact Kent Parks Youth & Teen Division at (253)856-5030 for more information today.

## MERIDIAN AFTER SCHOOL ALL STARS

55753 M, W 3:00 pm-5:00 pm  
B. Steward 9/14-5/30  
FREE

## MILL CREEK AFTER SCHOOL ALL STARS

55754 Tu, Th 3:00 pm-5:00 pm  
B. Steward 9/15-5/31  
FREE

## MEEKER AFTER SCHOOL ALL STARS

55755 Tu, Th 3:00 pm-5:00 pm  
D. Hobbs 9/15-5/31  
FREE



## Kent Parks Community Center 11000 SE 264th

Whether you're looking to get involved, get in shape or just hang out, we offer something for everyone:

- Full Court Basketball • Soccer
- Breakdancing • Step Team
- Volunteer/ Mentor Opportunity
- Video Game Room
- Music Studio and more

Ages 7th grade through 19 years of age. I.D. is required.  
School ASB card or Drivers License. No hats allowed.

**Program Opens Tues., Sept. 8**

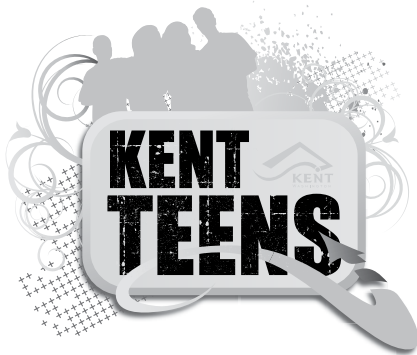
**Monday–Thursday, 4:30–9:00 p.m.**

**Friday, 4:30–9:45 p.m.**

**Saturday, 5:30–9:45 p.m.**

**Be sure to check us out at [kentteens.com](http://kentteens.com)**

for pictures, program updates and upcoming special events



## Meridian Middle School Late Night

**Calling all  
7th grade  
to 19 year olds!  
Starts Sept. 8**

**Open every Tuesday  
from 5:30-9:00 pm**

**Open gym and more!  
23480 120th Ave. S.E.  
Bring all your friends  
and your I.D.**



# ADAPTIVE RECREATION

## MARY LOU BECKER MEMORIAL FUND

A memorial fund has been established in memory of our dear friend and co-worker, Mary Lou Becker. This fund is used to assist people in need to participate in recreation programs. If you would like to donate, call (253) 856-5030 or send contributions to:

**Adaptive Recreation • Mary Lou Becker Memorial Fund, 525 4th Ave. N., Kent, WA 98032.**

**FALL REGISTRATION  
for Adaptive Recreation begins  
August 19 at 8:00 a.m.**

### ADAPTIVE RECREATION 525 4th Ave. N. Kent, WA 98032

The Adaptive Recreation Division offers a full range of programs and services for citizens with and without disabilities in our community. Please call (253) 856-5030 for information or details about specific programs.

#### STATEMENT OF INCLUSION

"Everyone in the City of Kent community shall have the opportunity to equally participate in, benefit from, and enjoy the parks and recreation programs and facilities. Our mission is dedicated to enriching the lives of all persons participating in Kent Parks, Recreation and Community Services."

#### PLEASE NOTE:

Program staff provide leadership during activities, however if 1:1 support is necessary to provide for personal needs beyond general program instruction, a support person is welcome to attend at no additional cost. Please call Adaptive Recreation at (253) 856-5030 for more information.

#### METRO ACCESS USERS!

Please remember your rides should be scheduled no more than 30 minutes before and no more than 30 minutes after a program. Failure to comply may result in additional charges to your account.

## STUDIO 315

Studio 315 is a social club with activities including dances, talent shows, theme nights and holiday parties.

55762 F 7:00 pm-9:00 pm 9/18-12/11\*  
Kent Commons L. Wagie 12 sess/\$72  
\*No club 11/27

### September

- 18 Welcome back party**  
Kick off your fall with a friendly dance party.
- 25 Pizza and Dancing**  
Bring \$4.00 for pizza and pop. We will dance after we eat.

### October

- 2 Kickin' it Country**  
Get your boot scootin' boogie on to your favorite country hits.
- 9 Box Dinner Bingo**  
Please pack a sack dinner and play bingo for prizes. Please bring food that does NOT require heating.
- 16 PajamaRama**  
Wear your warmest pajamas and snack on a breakfast snack.
- 23 Seahawks Party**  
Put on your Seahawks jersey, shirt or hat and celebrate the best team around.
- 30 Halloween Party**  
Dress in your scariest costume and enjoy some sweet treats.

### November

- 6 Cookie Decorating**  
Come decorate your own snack with sprinkles and frosting. We will dance before and after we eat.
- 13 Neon Madness**  
Get your glow sticks at the door and glow on the dance floor.
- 20 Fall Ball**  
Dress your best and dance with your friends.
- 27 No club Happy Holiday!**

### December

- 4 Crazy Hat Night**  
Wear your craziest hat and dance with your friends.
- 11 Holiday Party**  
Let's celebrate with a sit down dinner hosted by Quota International of Kent Valley. **This night will be held at the Kent Senior Activity Center (600 East Smith Street, Kent WA 98030). Please remember to change your Access Rides.**

## TEEN 315

Club Teen 315 is a social group for ages 13-21. Activities include various themed nights. During the school year this program meets the third Thursday of each month.

55763 Th 6:00 pm-7:30 pm 9/17-12/17  
Kent Commons M. Barkus 4 sess/\$32

- 9/17 Box Dinner Bingo and Games**  
Please pack a sack dinner and play bingo for prizes.
- 10/15 Halloween Party**  
Come dressed as your favorite ghoulish creature and enjoy some sweet treats. We will play themed games for prizes.
- 11/19 Art Party**  
Come enjoy an evening of art and fun. You will take home what you make.
- 12/17 Holiday Party**  
Join your friends for dinner and fun. Kent Parks will provide the meal.

# ADAPTIVE RECREATION

## Community Exploration

### WASHINGTON STATE FAIR

#### Rides & Games Only

This trip is specifically for individuals interested in rides and games only. You will need to pre-purchase your ride pass before the day of the trip. \*This trip is not wheelchair accessible.

55764 W 11:00 am-4:00 pm 9/16  
Kent Commons L. Hosford 1 sess/\$25

### WASHINGTON STATE FAIR

#### Animals, Hobbies & Shopping Only

This trip is specifically for those who would like to see the hobby halls, animal barns and to shop the fair. We will not be doing any games or rides on this trip. Please bring \$12 for admission and \$15-\$20 to buy lunch.

55800 W 10:00 am-3:00 pm 9/23  
Kent Commons L. Hosford 1 sess/\$25

### RED ROBIN & MALL WALKING

We will be heading to the Red Robin in Auburn for lunch and then to the Outlet Collections mall to walk off some of the calories. Please bring \$20 cash only. This will cover a full meal, soft drink or tea and the 17% group gratuity. Extra spending money for the mall is optional.

55766 W 10:00 am-3:00 pm 10/14  
Kent Commons L. Hosford 1 sess/\$25

### PUMPKIN PATCH

We will head to a local pumpkin patch to get pumpkins and enjoy the fall festivities. Please bring \$12 for admission and to purchase a pumpkin, and \$12 for lunch or pack a sack lunch. \*No wheelchair transportation provided.

55767 W 10:30 am-3:30 pm 10/28  
Kent Commons L. Hosford 1 sess/\$25

### LUNCH AND A MOVIE

We will catch the latest blockbuster movie and then have lunch. Please bring \$12 for lunch or pack a sack lunch. **Price of the trip includes your movie admission.**

55768 W 10:30 am-3:30 pm 11/18  
Kent Commons L. Hosford 1 sess/\$35

### MAKE IT AND TAKE IT

Join us for a day of holiday crafts at Kent Commons. Everything you make you will be able to take home at the end of the day. We will walk to Kent Station for lunch at Naked Pizza. Please bring \$12 for lunch or pack a sack lunch. **Price includes all craft supplies.**

55769 W 10:30 am-3:30 pm 12/2  
Kent Commons L. Hosford 1 sess/\$35

**Space is extremely limited for outings and there are others waiting to participate if you cannot. Currently, a minimum of three (3) business days is required to request an account credit or refund, and refunds will incur a \$5.00 processing fee.**



## Trips and Tours

### LEAVENWORTH TRIP

We will head east of the mountains to the one and only Bavarian village of Leavenworth, Washington. We will spend the day window shopping and having lunch out at a local restaurant. Please bring \$20 for lunch out (cash only please). Extra spending money is optional. \*Wheelchair transportation is not provided for this trip.

55770 Sa 8:00 am-5:00 pm 9/12  
Kent Commons L. Wagie 1 sess/\$45

### THEO CHOCOLATE FACTORY TOUR

We will take a walking tour of Theo Chocolates in Fremont and then have lunch. Please bring \$12 for lunch. Tour admission is included in the price of this trip. \*Wheelchair transportation is not provided for this trip.

55771 Sa 10:30 am-3:30 pm 10/17  
Kent Commons L. Wagie 1 sess/\$40

### LUNCH AND A MOVIE

We will go see the latest blockbuster hit and then have lunch. Please bring \$10.50 for movie admission. You will need \$12 for lunch or pack a sack lunch. Extra snack money for the movie is optional (\$15 is suggested). \*Wheelchair transportation is not provided for this trip.

55772 Sa 10:30 am-3:30 pm 11/21  
Kent Commons L. Wagie 1 sess/\$25

### VICTORIAN COUNTRY CHRISTMAS FAIR

Visit yesteryear at the Puyallup Fairgrounds and get into the holiday spirit. Please bring \$11 (cash only) for admission and \$12-\$15 for lunch, or pack a sack lunch. \*Wheelchair transportation is not provided for this trip.

55773 Sa 10:00 am-4:00 pm 12/5  
Kent Commons L. Wagie 1 sess/\$25



## Health and Fitness

### FLEXI-FIT & FUN

This creative fitness program focuses on improving strength, balance, coordination and endurance.

55780	M	2:45 pm-3:45 pm	9/14-11/16
55781	M	4:00 pm-5:00 pm	9/14-11/16
Kent Commons	L. Wagie		10 sess/\$50

### ZUMBA TONING

This class will target toning as well as cardio; participants will hold 1 lb maracas during class. Please wear comfortable workout clothing.

55782	Tu	12:00 pm-1:00 pm	9/15-12/1*
Kent Commons	K. Caplan		11 sess/\$55
*No class 11/24			

### ZUMBA

Get in shape the Zumba party way, dancing to high energy Latin music. Try it once and you will be hooked, there is no other like it. This class is designed for people with developmental and physical disabilities.

55783	Th	1:00 pm-2:00 pm	9/17-12/3*
Kent Commons	K. Caplan		11 sess/\$55
*No class 11/26			

### MOVIN' AND GROOVIN'

A parent-child play program designed for children with and without disabilities, involving gross motor play, action songs, singing and parachute time.

#### 15 months to 24 months

55774	F	9:30 am-10:30 am	9/11-10/23
55775	F	9:30 am-10:30 am	10/30-12/18*

#### 2 to 3 years

55776	F	10:45 am-11:45 am	9/11-10/23
55777	F	10:45 am-11:45 am	10/30-12/18*

#### 2 to 4 years

55778	F	12:00 pm-1:00 pm	9/11-10/23
55779	F	12:00 pm-1:00 pm	10/30-12/18*

SKIP/CTC	C. Staff		7 sess/\$42
*No class 11/27			



## Creative Arts

### CREATIVE ART SPACE

The Art of Collaboration: this fall, we will delve into the world of working together to achieve our artistic ends. By using the skills of drawing, painting, sculpture and together we will discover how separate parts can become greater as a whole.

55784	Tu	10:00 am-12:00 pm	9/15-12/8*
Kent Commons	J. McLaughlin		12 sess/\$120
*No class 11/24			

55785	Th	10:00 am-12:00 pm	9/17-12/10*
Kent Commons	J. McLaughlin		12 sess/\$120
*No class 11/26			

### WORKSHOP THEATER FOR ALL

Students will learn what it is to act in live theater. We will learn basic theater and stage skills through games, activities, and improv. We will work with a script and put on a stage production during our last class.

#### Ages 13-21

55786	Tu	11:00 am-12:30 pm	9/29-12/8*
Kent Commons	C. Ayres-Graves		10 sess/\$60

#### All ages 14 and up

55787	Tu	1:30 pm-3:00 pm	9/29-12/8*
Kent Commons	C. Ayres-Graves		10 sess/\$60
*No class 11/24			



## SERVICES

### • M.S. Support Group

Monthly meetings are held at the Kent Senior Activity Center (600 E. Smith St.) the 3rd Thursday of each month, from 10:00 a.m. until 12:00 noon.

Fall schedule: 9/17, 10/15, 11/19, 12/17.  
For more information, please contact Lisa Boon at (253) 630-1722.

### • NAMI (South King County)

Offering support and education for anyone who has or is involved with someone who has a mental illness; meetings are held on the 2nd and 4th Tuesdays of each month from 6:30 p.m.-8:30 p.m. at the Alliance Center (515 W. Harrison St.). Fall schedule: 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22.

For more information call (253) 854-6264.

## Cooking

### COOKING - BASIC SKILLS

Learn the basic skills of preparing a meal. Enjoy nutritious food with friends and have fun learning to cook.

55788	Tu	5:30 pm-7:00 pm	9/15-11/17*
Kent Commons	J. Reynolds		9 sess/\$63
*No class 11/3			

### TEEN COOKING AND NUTRITION

This class will focus on quick, simple and healthy snacks and meals as well as learning about basic nutrition through games and guest speakers.

55789	M	11:00 am-12:30 pm	9/28-11/16
Kent Commons	J. McLaughlin		8 sess/\$56

## Technology

### ACCESS THE FUTURE COMPUTER CLASS

A computer class designed for individuals with developmental and/or physical delays. Class meets at the Kent Senior Activity Center in the computer training lab. \*Please note registration is limited to one class per quarter (Monday OR Tuesday) due to space limitations.

55790	M	2:30 pm-4:00 pm	9/14-12/7*
Kent Senior Activity Center	J. McLaughlin		12 sess/\$78
*No class 11/23			

55791	Tu	3:30 pm-5:00 pm	9/15-12/8*
Kent Senior Activity Center	J. McLaughlin		12 sess/\$78
*No class 11/24			



# ADAPTIVE RECREATION

## Sports

### DEVELOPMENTAL SWIMMING

#### Beginners Swimming

This course is designed for individuals 8 years and up who have never been in the water before, or need to build confidence in the water.

Instructors will work with participants on floating independently, kicking your legs from the wall, and the very basics of swimming. This is a group instruction class, so if you need a 1:1 in the water you will need to bring a care provider with you.

55792 Sa 9:00 am-9:45 am 9/12-11/21\*  
Kent Meridian Pool J. McLaughlin 10 sess/\$60  
\*No class 10/17

#### Basic to Intermediate Swimming

This course is designed for individuals with developmental/and or physical disabilities. Individuals will learn stroke development and basic to intermediate swimming skills.

55793 Sa 10:00 am-10:45 am 9/12-11/21\*  
Kent Meridian Pool J. McLaughlin 10 sess/\$60  
\*No class 10/17

### DOLPHINS SWIM TEAM

This course is designed for individuals 8 and up, with developmental and/or physical disabilities, to improve swimming skills and strokes. All athletes must have a current Special Olympics medical form on file.

55794 Sa 11:00 am-12:00 pm 9/12-11/21\*  
Kent Meridian Pool J. McLaughlin 10 sess/\$60  
\*No class 10/17

### CHEERTEAM

This class will focus on learning cheers, group dance routines and spirit. Cheer participants may participate in select Special Olympics events. Plan to attend SOWA bowling tournament on 11/1 at Secoma Lanes in Federal Way. \*Sessions include the tournament.

55795 Tu 7:00 pm-8:00 pm 9/15-11/17\*  
Kent Commons R. Buckley 10 sess/\$60  
\*No class 11/3

### TENNIS

Learn basic tennis skills from a pro! This inclusive program is designed for individuals with special needs ages 12 and up; or with instructor approval.

55796 Sa 6:00 pm-7:00 pm 9/19-11/14  
Boeing Employees A. Overland 9 sess/\$54  
Tennis Club

### BOWLING

Ready, set, bowl! Meet at Kent Bowl (1234 N Central Ave) for an opportunity to bowl and have fun with friends. Registration includes the weekly bowling fees and KC SOWA regional tournament on 11/1 at Secoma Lanes in Federal Way.

55797 W, Su 3:00 pm-5:00 pm 9/23-12/2\*  
Kent Bowl L. Wagie 10 sess/\$100  
\*No class 11/11, 11/25

55798 Th, Su 3:00 pm-5:00 pm 9/24-12/3\*  
Kent Bowl K. Bigelow 10 sess/\$100  
\*No class 11/12, 11/26

### BASKETBALL

Shoot hoops and learn basic skills and good team strategy. \*Sessions include Special Olympics Regional Basketball tournament on Sunday, 2/7/16 in Issaquah.

55799 W 6:30 pm-8:00 pm 12/9-2/10\*  
Meridian K. Bigelow 9 sess/\$54  
Middle School  
\*No class 12/23, 12/30

### MEDICAL FORMS/ COMPETITION INFORMATION

To participate in Special Olympics training programs and tournaments, applicants must have a current Application of Participation (medical form) on file with Adaptive Recreation. Medical forms are good for up to three (3) years. Please call (253) 856-5030 if you have questions.



## THANK YOU

Employees Recycling Program,  
Kent Parks Foundation,  
Quota International of Kent Valley  
and Thunderbirds Community  
Sports Foundation for your  
continued support and community  
partnership with  
Kent Parks' Adaptive Recreation/  
Youth & Teen Programs.



## Fall Sports Programs

DAY	PROGRAM	TIME	LOCATION
Tuesdays	Cheer Team	7:00-8:00 pm	Kent Commons
Wednesday	Bowling (Coach Lisa)	3:00-5:00 pm	Kent Bowl
	Basketball (begins 12/19)	6:30-8:00 pm	Meridian Middle School
Thursdays	Bowling (Coach Lisa)	3:00-5:00 pm	Kent Bowl
Saturdays	Beginning Swim	9:00-9:45 am	Kent Meridian Pool
	Developmental Swim	10:00 -10:45 am	Kent Meridian Pool
	Dolphin Swim Team	11:00 am-12:00 pm	Kent Meridian Pool
	Tennis	6:00-7:00 pm	Boeing Tennis Center



# RIVERBEND

GOLF COMPLEX



**6,701 Yards • Par 72**  
**18-Hole Championship**  
**Golf Course**

1,174 Yards

**Par 3 Golf Course • 9-Hole**  
**Covered Driving Range**

Miniature Golf Course

**Award winning Pro Shop**

Now Serving

**Ballard Brothers**  
**Seafood and Burgers**

## 2015/16 Events

December 12, 2015  
 19th Annual Riverbend Better Ball

January 16, 2016  
 19th Annual Riverbend Winter Scramble

February 20, 2016  
 22nd Annual Riverbend Ball Buster

April 6-8, 2016  
 Spring Break Junior Golf Camp

June 11-14, 2016  
 20th Annual 2Man @ the Bend

July 11-14, 2016  
 Summer Junior Golf Camp

August 13-14, 2016  
 23rd Annual Riverbend Amateur

**A City of Kent Facility**

2019 W. Meeker St., Kent, WA  
 253.TEE.TIME



riverbendgolfcomplex.com  
 facebook.com/riverbendgolfcomplex

## 18 HOLE GREEN FEES

### Monday - Friday

	Oct	Nov-Feb
9 Holes .....	\$18	\$16-22
9 Holes Sr./Military.....	\$16	\$18
9 Holes Junior.....	\$9	\$9
18 Holes .....	\$32	\$24-30
18 Holes Sr./Military...	\$28	\$26-28
18 Holes Junior.....	\$18	\$18
Twilight.....	\$22	\$22

### Sat, Sun & Holidays

	Oct	Nov-Feb
9 Holes .....	\$20	\$18
9 Holes Junior.....	\$9	\$9
18 Holes .....	\$36	\$28-42
18 Holes Junior.....	\$20	\$18
Twilight.....	\$24	\$22

9 Holes	18 Holes	9 Holes	18 Holes	9 Holes	18 Holes
Pull Cart.....\$3	.....\$5	Power Cart..\$9	.....\$14	Rental Clubs	.....\$25

## PAR 3 COURSE

### Monday - Friday

	Oct-Feb
9 Holes .....	\$10
9 Holes Sr./Military.....	\$9
9 Holes Junior.....	\$5
Back 9 .....	\$9
Twilight.....	\$9
Pull Cart .....	\$3

### Sat, Sun & Holidays

	Oct-Feb
9 Holes .....	\$12
9 Holes Sr./Military.....	\$10
9 Holes Junior.....	\$6
Back 9 .....	\$9
Twilight.....	\$10
Pull Cart .....	\$3

### DRIVING RANGE

Small .....	\$6
Small Senior .....	\$5.50
Small Junior .....	\$4.50
Large .....	\$10
Large Senior .....	\$9
Large Junior .....	\$8
40 Small Bucket Pass ..	\$140

## GOLF INSTRUCTION

	Adult	Junior
30 Minute Private.....	\$50	\$45
60 Minute Private.....	\$90	\$80
Series of 4, 30 Minute Private....	\$180	\$160
Group Lessons.....	\$75-\$90	

### Instructors:

Marti O'Neill, PGA Head Professional  
 Eric Hinrichs, PGA Professional  
 Josh Immordino, PGA Professional  
 Jon Shabel, PGA Apprentice  
 Justin Harvey, PGA Apprentice

# ADULT PROGRAMS

## Cooking

### FROM INDIA WITH SPICE

These workshops are taught by Meena Sharma, experienced caterer, cook and instructor. All supplies are included. New recipes will be introduced. Bring an apron.

#### INDIAN I

Murg Pudina - chicken with fresh mint and coconut milk, saffron and almond fried rice.

56451 M 7:30 pm-9:30 pm 10/5

#### INDIAN II

Sofyani Biryani - chicken fried rice with saffron, yogurt and almonds. Papaya and mango salad, green beans with mustard seeds and fresh coconut.

56452 M 7:30 pm-9:30 pm 10/12  
Kent Commons M. Sharma 1 sess/\$22

### ITALIAN COOKING

Italy is the home of good cooking and the next best thing to being there is being in the company of an renowned Italian chef. Share recipes and samples as you learn to make nutritious and healthy meals. All supplies included.

#### Pasta

Learn to make homemade pasta and fillings such as ravioli, tortellini and other basic pasta shapes.

56456 W 6:30 pm-8:30 pm 9/2

#### Sauces

White or red?

The secret is in the sauce! Learn the secrets of great sauces and how they enhance various dishes.

56457 W 6:30 pm-8:30 pm 9/9

#### Beef - Italian Style

Come and learn some ways of making beef 'Italian style' and spice up your dinner.

56458 W 6:30 pm-8:30 pm 9/16

#### Bread & Pizza

Learn to make this rustic country bread recipe. From this recipe, you will make variations from breadsticks to pizza. All recipes and samples included.

56459 W 6:30 pm-8:30 pm 10/7

#### Chicken - Italian Style

Come and learn some ways of making chicken 'Italian style' and spice up your dinner.

56461 W 6:30 pm-8:30 pm 10/21

#### Fish - Italian Style

Come and learn some ways of making fish 'Italian style' and spice up your dinner.

56460 W 6:30 pm-8:30 pm 10/28

#### Desserts

Learn to make biscotti, puff pastry, tiramisu and other popular, heavenly Italian desserts.

56462 W 6:30 pm-8:30 pm 11/4  
Kent Commons N. Hamilton 1 sess/\$22

### ITALIAN COOKING ON A BUDGET

Preparing and eating a decadent Italian style meal is more affordable than you think. Let me show you how! Cooking demonstration and samples will be shared at class.

56464 W 6:30 pm-8:30 pm 11/18  
Kent Commons N. Hamilton 1 sess/\$22

### MEDITERRANEAN COOKING

Garlic, capers, olive oil, tomatoes and olives are some of the staples of Mediterranean cooking. Learn to make a complete meal from appetizers to main dishes in this workshop using these staples along with a cadre of fresh vegetables and healthy ingredients. All recipes and samples shared.

56465 W 6:30 pm-8:30 pm 9/30  
Kent Commons N. Hamilton 1 sess/\$22

### THAI COOKING

Explore some of the basic cooking techniques and ingredients of Thai food as you experiment with various spices and food combinations in this hands-on workshop. Recipes and samples shared.

#### THAI I

Thai spring rolls, and Khai Phad Saparod - boneless chicken with peppers, mushrooms and pineapple.

56453 M 7:30 pm-9:30 pm 9/14

#### THAI II

Amba curry - sweet and sour mango curry and Thai fried rice with chicken.

56454 M 7:30 pm-9:30 pm 9/21

#### THAI III

Thai mussaman curry chicken or beef, and Thai salad.

56455 M 7:30 pm-9:30 pm 9/28  
Kent Commons M. Sharma 1 sess/\$22

## Creative Arts

### DRAWING

Bring a sketch book and pencils for one hour of sketching and improving drawing abilities with individual help from artist/instructor. Fun projects planned for students to sample a variety of interpretations of art.

56466 W 1:00 pm-2:00 pm 9/9-9/30  
56467 W 1:00 pm-2:00 pm 10/7-10/28  
Kent Commons C. McNiel 4 sess/\$32

56468 W 1:00 pm-2:00 pm 11/4-11/25  
Kent Commons C. McNiel 3 sess/\$24  
No class 11/11

### WATERCOLOR PAINTING

Come experience the joy and beauty of watercolor painting. Learn traditional and experimental watercolor techniques and application. Class includes demonstration, individual assistance, discussion and critique. Instructor continually introduces new methods and projects. Beginners - intermediate. Supply list will be mailed.

56470 Tu 1:00 pm-3:00 pm 9/22-10/27  
56471 Th 1:30 pm-3:30 pm 9/24-10/29  
Kent Commons J. Iwasaki 6 sess/\$60

## Dance

### ADULT IRISH DANCE

Dancers will learn both traditional Irish step (solo) and Ceili (group) dance. Students will work on basic movements, proper posture, form and rhythm. Wear comfortable clothing, Irish ghillies suggested.

56472 Tu 8:30 pm-9:30 pm 9/15-12/8  
Kent Commons P. Martig 12 sess/\$147  
No class 11/24

### BEGINNING BALLET (Ages 16+)

Basic level ballet steps, beginning level barre and centre floor. A great class for stretching and toning. Ballet shoes required. Drop-ins are welcome at \$8 per class.

56473 M 12:15 pm-1:15 pm 9/14-11/30  
Kent Commons M. Murphy-Brown 12 sess/\$84

56474 Th 7:45 pm-8:45 pm 9/17-12/3  
Kent Commons M. Murphy-Brown 11 sess/\$77  
No class 11/26

### BEGINNING BELLY DANCING

All ages/all sizes welcome. The benefits of yoga, and non-impact aerobics at the same time. Body isolations, shimmy techniques and much more. Two beginning topic sets available. Visit [www.saqra.net](http://www.saqra.net) for more information.

56613 Tu 12:00 pm-1:30 pm 9/15-10/6  
56614 Tu 6:00 pm-7:30 pm 9/15-10/6  
56621 Th 1:30 pm-3:00 pm 9/17-10/8  
56622 Th 7:15 pm-8:45 pm 9/17-10/8  
56615 Tu 12:00 pm-1:30 pm 10/20-11/10  
56616 Tu 6:00 pm-7:30 pm 10/20-11/10  
56623 Th 1:30 pm-3:00 pm 10/22-11/12  
56624 Th 7:15 pm-8:45 pm 10/22-11/12  
56617 Tu 12:00 pm-1:30 pm 11/17-12/8  
56618 Tu 6:00 pm-7:30 pm 11/17-12/8  
56625 Th 1:30 pm-3:00 pm 11/19-12/10  
56626 Th 7:15 pm-8:45 pm 11/19-12/10  
Saqra's Studio S. Raybuck 4 sess/\$45

## CONTINUING BELLY DANCING

International instructor Saqra's layered teaching technique is appropriate for all levels of continuing dancers, from newly intermediate to professional. See [saqra.net](http://saqra.net) for complete information.

56629	Tu	1:30 pm-2:45 pm	9/15-10/6
56630	Tu	7:30 pm-8:45 pm	9/15-10/6
56637	W	5:45 pm-7:00 pm	9/16-10/7
56642	Th	6:00 pm-7:15 pm	9/17-10/8
56643	Th	12:15 pm-1:30 pm	9/17-10/8
56638	W	5:45 pm-7:00 pm	10/14-11/4
56631	Tu	1:30 pm-2:45 pm	10/20-11/10
56632	Tu	7:30 pm-8:45 pm	10/20-11/10
56644	Th	6:00 pm-7:15 pm	10/22-11/12
56645	Th	12:15 pm-1:30 pm	10/22-11/12
56633	Tu	1:30 pm-2:45 pm	11/17-12/8
56634	Tu	7:30 pm-8:45 pm	11/17-12/8
56639	W	5:45 pm-7:00 pm	11/18-12/9
56646	Th	6:00 pm-7:15 pm	11/19-12/10
56647	Th	12:15 pm-1:30 pm	11/19-12/10
Saqra's Studio		S. Raybuck	4 sess/\$45

## TAP DANCE (Ages 16+)

Learn tap combos and routines in this energetic class. Drop-ins welcome at \$8 per class.

### Beginning/Continuing

56476	W	7:45 pm-8:45 pm	9/16-12/2
Kent Commons		M. Murphy-Brown	11 sess/\$77
No class 11/11			

### Continuing

56475	Tu	3:00 pm-4:00 pm	9/15-12/1
Kent Commons		M. Murphy-Brown	12 sess/\$84

### Advanced

56477	Tu	7:15 pm-8:15 pm	9/15-12/1
Kent Commons		M. Murphy-Brown	12 sess/\$84

## General

### WRITING FOR CHILDREN & GETTING PUBLISHED

For the novice writer, we'll explore plot, character, view point, and dialogue. Class also covers how to submit a manuscript and getting published. Lots of tips and plenty of time for questions.

56478	Tu	6:30 pm-9:00 pm	10/6
56479	W	1:00 pm-3:30 pm	11/4
Kent Commons		A. Rubeck	1 sess/\$29

## Health and Fitness

### YOGA MOVING WITH BODY & MIND

Find the ease of moving which will lead to deep relaxation. You will stretch, learn to coordinate your breathing and learn basic yoga moves and techniques. Please bring a mat and large towel to class.

56480	M	6:00 pm-7:00 pm	9/14-10/26
Kent Commons		C. Rosenfield	7 sess/\$56

56482	W	6:00 pm-7:00 pm	9/16-10/21
Kent Senior Activity Center		C. Rosenfield	6 sess/\$48

56483	W	6:00 pm-7:00 pm	10/28-12/16
Kent Senior Activity Center		C. Rosenfield	6 sess/\$48
No class 11/11, 11/25			

56481	M	6:00 pm-7:00 pm	11/2-12/14
Kent Commons		C. Rosenfield	7 sess/\$56





# ADULT PROGRAMS

## Dog Obedience

Join us in one of our many dog obedience classes. Instructor Jennifer Schneider owns Pick of the Litter Dog Training, and is a certified Pet Dog Trainer. For more information visit [www.pickofthelitterdogtraining.com](http://www.pickofthelitterdogtraining.com). **All classes held at the Kent Memorial Park Building.**

### BASIC MANNERS

We know that you are tired of your dog pulling on the leash, running off instead of coming to you, and jumping up on everyone. We have a plan to help you. Enroll in our results based, pain free, introductory dog training class, and your dog will learn to sit and stay, walk nicely on leash, come when you call, and lie down and relax. You will be shown how to use these behaviors in real life situations, with and without treats. Your dog will learn to socialize with other dogs calmly and sit to say hello to people. You will receive customized solutions to help with the behavior problems you are having at home. The result will be a well trained dog that listens consistently, even when distracted by other things. For dogs 5 months of age and older.

56530	Su	3:45 pm-4:45 pm	9/13-10/18
56532	W	6:30 pm-7:30 pm	9/30-11/4
56531	M	5:15 pm-6:15 pm	10/12-11/16
56533	Su	3:45 pm-4:45 pm	10/25-11/29
56534	W	6:30 pm-7:30 pm	11/11-12/30
56535	M	5:15 pm-6:15 pm	11/23-12/28
Kent Memorial Park J. Schneider			6 sess/\$95
No class 11/25, 12/23			

### PUPPY KINDERGARTEN

Puppies are like little sponges - they soak up everything around them and learn new things quickly. Take advantage of this time by getting your puppy into puppy class right away. Your puppy will learn how to play with other puppies, get to meet lots new people, explore safe agility equipment, and learn age appropriate obedience skills, such as sit, come, and walking without pulling. You will receive customized solutions to the problems you are having at home, such as nipping, potty training, jumping up, and chewing. For puppies 8 weeks to 5 months old.

56536	Su	2:30 pm-3:30 pm	9/13-10/18
56538	W	7:45 pm-8:45 pm	9/30-11/4
56537	M	6:30 pm-7:30 pm	10/12-11/16
56539	Su	2:30 pm-3:30 pm	10/25-11/29
56540	W	7:45 pm-8:45 pm	11/11-12/30
56541	M	6:30 pm-7:30 pm	11/23-12/28
Kent Memorial Park J. Schneider			6 sess/\$95
No class 11/25, 12/23			

### JUST FOR FUN AGILITY

Non-competitive, on leash introduction to the fun sport of dog agility. You will teach your dog to jump over hurdles, rush through tunnels, leap through a tire jump, weave around poles, hop up on to a table, balance on a wobble board and walk through a ladder. You will start with short courses and progress to longer, more complex courses as your dog builds confidence with the equipment.

56542	M	7:45 pm-8:45 pm	10/12-11/16
Kent Memorial Park J. Schneider			6 sess/\$95



### FEISTY FIDO

If you have a reactive or aggressive dog, this is the class for you. This class is designed to help dogs who behave inappropriately in social settings - barking, lunging or growling at people or dogs. Learn specific, scientifically proven techniques to help your dog to behave, relax and refocus in these settings. Provides gradual and controlled on leash exposure to dogs and people, while teaching specific obedience skills that are incompatible with reactivity. No dogs first class.

56517	Th	7:45 pm-8:45 pm	9/10-10/15
56518	W	5:15 pm-6:15 pm	9/30-11/4
56519	Th	6:30 pm-7:30 pm	10/22-12/3
56520	W	5:15 pm-6:15 pm	11/11-12/30
Kent Memorial Park J. Schneider			6 sess/\$115
No class 4/25, 11/26, 12/23			

### FEISTY FIDO LEVEL 2

Continuation of the skills learned in Feisty Fido. This class is the next step for dogs who behave inappropriately around dogs or people. Continue teaching your dog appropriate social skills. More on-leash practice with parallel walking, passing, approaching and greeting dogs or people, but from decreasing distances, including up close interactions. Includes basic manners skills - stay, come, and heel.

**Prerequisite: Feisty Fido.**

56523	Th	7:45 pm-8:45 pm	10/22-12/3
Kent Memorial Park J. Schneider			6 sess/\$115

### INTERMEDIATE MANNERS

For graduates of Basic Manners. Take your dog's training to the next level. In this class, you will continue to practice and strengthen all the behaviors you taught in Basic Manners, but add a higher level of difficulty, distraction and distance to those behaviors. You will learn how to wean away treats effectively, without losing the behaviors you worked so hard to achieve, as well as how to use life rewards to motivate your dog to have real life manners. During the last week of class, you will have to opportunity to earn your dog's Canine Good Citizen certificate.

56528	Su	1:30 pm-2:30 pm	10/25-11/29
Kent Memorial Park J. Schneider			6 sess/\$95

### FUN NOSE WORK

This is a great rainy day activity to play with your dog. You will learn how to encourage and guide your dog's natural scenting ability, desire to hunt, and problem solving skills by teaching your dog to find treats hidden in different places and under different items. This class gives your dog a specific job to do, providing both mental and physical stimulation, while also building confidence.

56527	M	7:45 pm-8:45 pm	11/23-12/28
Kent Memorial Park J. Schneider			6 sess/\$95

## Martial Arts

### BEGINNING AIKIDO

Aikido emphasizes redirecting the opponent's momentum and power to apply sweeps, throws, locks and holds. Aikido allows you to safely subdue your attacker without the use of extreme force.

56484	M	6:15 pm-7:15 pm	9/14-11/16
ACMMA		R. Dye	10 sess/\$80

### CARDIO-KICKBOXING

Burn fat, relieve stress, tone and strengthen muscles, all while learning basic self-defense techniques. Class involves bag work, wristwraps or bag gloves are strongly recommended.

56485	W, M	6:15 pm-7:15 pm	9/2-9/30
56486	M, W	6:15 pm-7:15 pm	10/5-10/28
56487	M, W	6:15 pm-7:15 pm	11/2-11/30
56488	W, M	6:15 pm-7:15 pm	12/2-12/30
ACMMA		R. Dye	8 sess/\$70
No class 12/23			

## KENDO-JAPANESE SWORDSMANSHIP (15+)

Develop confidence and learn the culture and etiquette of Japan. Focus on basic footwork and Japanese Samurai swordsmanship. Wooden sword is available from instructor for \$25. Class fee does not include additional equipment costs for continuing and advanced students. Youth and adult classes are combined.

### Beginning

56492	M	7:00 pm-7:50 pm	9/14-12/7
Kent Commons		C. Marsten	12 sess/\$78
No class 11/30			

### Continuing

56493	M	8:00 pm-8:50 pm	9/14-12/7
Kent Commons		C. Marsten	12 sess/\$78
No class 11/30			

### Advanced

56494	W	7:00 pm-9:00 pm	9/9-12/9
Kent Commons		C. Marsten	13 sess/\$85
No class 11/11			

## MARTIAL ARTS OVER 40

Improve balance, coordination, stamina and strength while learning practical self-defense moves. This is a great alternative workout to the typical gym routine.

56495	Th	7:15 pm-8:15 pm	9/3-9/24
56496	Th	7:15 pm-8:15 pm	10/1-10/22
56497	Th	7:15 pm-8:15 pm	10/29-11/19
ACMMA		R. Dye	4 sess/\$35

## RUN, FIGHT, HIDE - SELF DEFENSE (Ages 12+)

Come learn how to make life saving decisions in the midst of an adrenal response situation. Techniques in assessing the level of danger, and determining appropriate use of force will be introduced. This course goes beyond developing awareness skills by helping you form a proactive personal safety plan. No martial arts experience is necessary.

56489	Sa	10:00 am-1:00 pm	9/19
56490	Sa	10:00 am-1:00 pm	10/17
56491	Sa	10:00 am-1:00 pm	11/21
Kent Commons		J. Dye	1 sess/\$30

# ADULT SPORTS/FITNESS

## Sports

Kent Parks, Recreation and Community Services offers several adult sports leagues. Individuals wishing to participate in an adult league must be 18 years of age. Registration is taken by teams only. Individuals wishing to participate can call the Kent Commons office to submit their name, sport and level of play for the individual player list. To check on registration information, league standings and league schedules, please visit KentWA.gov or call (253) 856-5000.

Adult Sports Leagues are run with an emphasis on good sportsmanship, having fun and encouraging team conduct that takes a positive approach toward competition.

### ADULT RACQUETBALL CLUB

A great way to build your skill level and stay in shape with both recreational and competitive levels of play.

#### FALL LEAGUE

54493	<b>A Division</b>	
54494	<b>B Division</b>	
54495	<b>C Division</b>	
54496	<b>D Division</b>	(Sep.-Nov.)
Kent Commons		10 sess/\$30

#### WINTER LEAGUE

56500	<b>A Division</b>	
56501	<b>B Division</b>	
56502	<b>C Division</b>	
56503	<b>D Division</b>	(Jan.-Mar.)
Kent Commons		10 sess/\$30

### ADULT SOFTBALL

Adult Softball Leagues are offered throughout the year. Levels of play offered: Recreation and Competitive for Men and Women, Coed and Church Divisions. Games are played at Russell Road Sports Complex, Kent Memorial Park, Wilson Playfields and Service Club Ballfields.

**Spring/Summer Season** (April-July)

**Second Season** (August and September)

**Winter Season** (January-March)

### ADULT VOLLEYBALL

Adult volleyball is offered three (3) times throughout the year. Various levels of play offered from Tuesday Night "Open" and Wednesday Night Women's Divisions. All matches are played at the Kent Commons.

**Fall Season** (September-December)

**Winter Season** (January-March)

**Spring Season** (April and May)

## KENT COMMONS RACQUETBALL CHALLENGE COURTS

Challenge Courts are reserved for 2 to 3 hours at a time. Opponents play per USRA rules. Open to all skill levels. Call 253-856-5000 for more information.

<b>Fridays</b>	6:00 pm- 9:00 pm
<b>Saturdays</b>	12:00 pm - 3:00pm
Kent Commons	\$3/drop in

## BODY CONDITIONING/WEIGHT TRAINING

Individual instruction on the proper use of fixed weight equipment (Nautilus), a variety of exercises for each weight station, and how to develop a personal training program. A complimentary one-month pass to the weight room (\$12.50 value) included in \$35 class fee. One hour session by appointment only, call (253) 856-5000.

Kent Commons	C. Doherty	1 sess/\$35
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## Athletic Facility Advertising Program

Reach out to thousands of sports enthusiasts by having your business name displayed at a City of Kent premier athletic facility.

**Call 253-856-5000 for more information**



Enjoy classes six days per week! All classes held at Kent Commons  
**Drop-in fee for all Jazzercise classes \$7**

## Jazzercise – Dance Mixx

Jazzercise is a calorie-torching, hip swiveling, Shakira’d-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes will leave you breathless, toned and coming back for more.

### Express:

Cuts through the chase with 30 minute blast of dance based cardio plus strength training. Rev it up and rock it out in half the time.

### Strength 45:

Fires up the muscles (all of them) in a 45 minute hard core muscle sculpting strength workout.

### Strength 60:

Full 60 minutes of fat burning, muscle sculpting, it-hurts-and-it’s-worth-it strength training. This class will transform you!

<b>Monday &amp; Wednesday</b>	4:25 – 5:25 p.m.
<b>Tuesday &amp; Thursday</b>	9:15 – 10:15 a.m.
<b>Tuesday (Strength 60)</b>	4:25 – 5:25 p.m.
<b>Tuesday &amp; Thursday</b>	6:45 – 7:45 p.m.

<b>Friday (Express)</b>	5:00 – 5:30 p.m.
<b>Saturday (Strength 45)</b>	8:10 – 9:00 a.m.
<b>Saturday</b>	9:00 – 10:00 a.m.

**Purchase a Jazzercise pass according to how many days per week you plan to attend class.**

### 1 Class Per Week: \$24

56657	September
56658	October
56659	November
56660	December

### 2 Classes Per Week: \$45

56662	September
56663	October
56664	November
56665	December

### 3 Classes Per Week: \$49

56667	September
56668	October
56669	November
56670	December

### Unlimited Per Week: \$60

56672	September
56673	October
56674	November
56675	December



Join us for a complete body workout to terrific music in any of the following classes. Wear comfortable clothing and aerobic shoes. **Drop-ins welcome - \$5 per class**

<b>Lunch Time Toning</b> 50 minute class utilizing an exercise fitness ball to tone legs, abs, back and upper body.	56556	M	12:05 pm-12:55 pm	Kent Commons	Mounts	9/14-9/28	\$12
	56557	M	12:05 pm-12:55 pm			10/5-10/26	\$16
	56558	M	12:05 pm-12:55 pm			11/2-11/30	\$20
	56559	M	12:05 pm-12:55 pm			12/7-12/28	\$16
<b>Lunchtime Bootcamp</b> 50 minutes of boot camp style drills and cardio workout that will challenge your body and improve your speed, agility and overall performance.	56552	Tu	12:05 pm-12:55 pm	Kent Commons	Mounts	9/1-9/29	\$20
	56553	Tu	12:05 pm-12:55 pm			10/6-10/27	\$16
	56554	Tu	12:05 pm-12:55 pm			11/3-11/24	\$16
	56555	Tu	12:05 pm-12:55 pm			12/1-12/29	\$20
<b>Crunch at Lunch</b> Focusing on the core, back, abs and balance exercises performed using balls and weights	56544	W	12:05 pm-12:55 pm	Kent Commons	Mounts	9/2-9/30	\$20
	56545	W	12:05 pm-12:55 pm			10/7-10/28	\$16
	56546	W	12:05 pm-12:55 pm			11/4-11/25	\$12
	56547	W	12:05 pm-12:55 pm			12/2-12/30	\$20
<b>Yoga Break</b> Basic yoga poses that will strengthen, lengthen and relax your body. Bring a yoga mat.	56568	Tu	1:05 pm-1:55 pm	Kent Commons	Mounts	9/1-9/29	\$20
	56569	Tu	1:05 pm-1:55 pm			10/6-10/27	\$16
	56570	Tu	1:05 pm-1:55 pm			11/3-11/24	\$16
	56571	Tu	1:05 pm-1:55 pm			12/1-12/29	\$20
	56564	Th	12:05 pm-12:55 pm			9/3-9/24	\$16
	56565	Th	12:05 pm-12:55 pm			10/1-10/29	\$20
	56566	Th	12:05 pm-12:55 pm			11/5-11/19	\$12
	56567	Th	12:05 pm-12:55 pm			12/3-12/17	\$12
	56572	Tu	11:00 am-12:00 pm	Kent Commons	Caplan	9/1-9/29	\$20
	56573	Tu	11:00 am-12:00 pm			10/6-10/27	\$16
<b>Zumba Gold</b> A lower impact and slower paced class makes this perfect for beginners.	56574	Tu	11:00 am-12:00 pm			11/3-11/24	\$16
	56575	Tu	11:00 am-12:00 pm			12/1-12/29	\$16
	56576	Th	12:00 pm-1:00 pm			9/3-9/24	\$16
	56577	Th	12:00 pm-1:00 pm			10/1-10/29	\$20
	56578	Th	12:00 pm-1:00 pm			11/5-11/19	\$12
	56579	Th	12:00 pm-1:00 pm			12/10-12/17	\$8
<b>Lunch Core &amp; Body Sculpting</b> Conditioning class incorporates step and weights for a full body workout with focus on core strength.	56548	F	12:05 pm-12:55 pm	Kent Commons	Barrick	9/4-9/25	\$16
	56549	F	12:05 pm-12:55 pm			10/2-10/30	\$20
	56550	F	12:05 pm-12:55 pm			11/6-11/20	\$12
	56551	F	12:05 pm-12:55 pm			12/11-12/18	\$8
<b>Step &amp; Core</b> Great overall workout in this combination step, cardio and strength training.	56560	Th	5:20 pm-6:20 pm	Kent Commons	Kebba	9/3-9/24	\$16
	56561	Th	5:20 pm-6:20 pm			10/1-10/29	\$20
	56562	Th	5:20 pm-6:20 pm			11/5-11/19	\$12
	56563	Th	5:20 pm-6:20 pm			12/10-12/17	\$8
<b>Morning Zumba (14+)</b> Fun, energetic dance workout done to Latin music.	56584	W	10:15 am-11:15 am	Kent Commons	Caplan	9/2-9/30	\$20
	56585	W	10:15 am-11:15 am			10/7-10/28	\$16
	56586	W	10:15 am-11:15 am			11/4-11/25	\$12
	56587	W	10:15 am-11:15 am			12/2-12/30	\$16
	56580	Sa	10:15 am-11:15 am			9/5-9/26	\$16
	56581	Sa	10:15 am-11:15 am			10/3-10/31	\$20
	56582	Sa	10:15 am-11:15 am			11/7-11/28	\$16
	56583	Sa	10:15 am-11:15 am			12/5-12/26	\$16
	56588	M	5:30 pm-6:30 pm	Kent Commons	Kebba	9/14-9/28	\$12
	56589	M	5:30 pm-6:30 pm			10/5-10/26	\$16
<b>Zumba (14+)</b> Fun, energetic dance workout done to Latin music.	56590	M	5:30 pm-6:30 pm			11/2-11/30	\$20
	56591	M	5:30 pm-6:30 pm			12/14-12/28	\$16
	56592	Tu	5:30 pm-6:30 pm		Weitz	9/1-9/29	\$20
	56593	Tu	5:30 pm-6:30 pm			10/6-10/27	\$16
	56594	Tu	5:30 pm-6:30 pm			11/3-12/15	\$12
	56595	Tu	5:30 pm-6:30 pm			12/1-12/15	\$8
	56596	W	5:30 pm-6:30 pm		TBA	9/2-9/30	\$20
	56597	W	5:30 pm-6:30 pm			10/7-10/28	\$16
	56598	W	5:30 pm-6:30 pm			11/4-11/25	\$12
	56599	W	5:30 pm-6:30 pm			12/2-12/30	\$20
<b>Zumba Toning</b>	56603	Th	4:30 pm-5:15 pm	Kent Commons	Deines	9/3-9/24	\$16
	56604	Th	4:30 pm-5:15 pm			10/1-10/29	\$20
	56605	Th	4:30 pm-5:15 pm			11/5-11/19	\$12
	56606	Th	4:30 pm-5:15 pm			12/10-12/17	\$8



# ADULT PROGRAMS/SPORTS

## Outdoor Sports

### AMERICA'S BOATING COURSE

Offered by the Poverty Bay Sail and Power Squadron, this basic boating course will satisfy the boater education requirement for the State of Washington and most other states. All boaters born after 1954 now have to have a Boater's Card in their possession to operate any vessel 15 horsepower and over in Washington. Bring a sack lunch. Textbook and CD included - please pick these up prior to class start date at Kent Commons.

56499	Sa	8:00 am-4:00 pm	9/26
Kent Commons	Staff		1 sess/\$35

### FISH SMOKING 101

Learn how to make delectable smoked fish using simple electric, gas and charcoal smokers. We'll focus on Pacific NW favorites like salmon, steelhead and trout. Class will include step by step instruction, demonstration, recipes and sample tasting. You'll be a hit at all your parties with your own custom smoked fish.

56513	Tu	6:30 pm-8:30 pm	11/17
Kent Senior	J. Fiskum		1 sess/\$29
Activity Center			

### FLY ROD NYMPHING FOR WINTER STEELHEAD

During the coldest months of the year when the bulk of our hatchery winter steelhead return 'Nymphing' is often the most productive method to take these fish on a fly rod. We will discuss where and how to effectively 'Nymph' fish for winter steelhead using both single hand and switch rods. Class will include a resource notebook. After the classroom session there will be an optional outing to a local river for hands on instruction and fishing.

56511	Tu	6:30 pm-8:30 pm	12/8
Senior Activity	J. Fiskum		1 sess/\$29
Center			

#### Optional Outing: (Saturdays class)

56512	Sa	7:00 am-11:00 am	12/12
Local Water	J. Fiskum		1 sess/\$50

### TROUT FLY FISHING STRATEGIES: RIVERS & STREAMS

Learn where, when, and how to effectively fly fish rivers and streams in this classroom session. We will discuss tackle and equipment, insect hatches and hot fly patterns, plus where to go locally and regionally on a season by season basis. Class will include written resources. After the classroom session there will be two optional outings for hands on instruction and fishing.

#### CLASSROOM:

56506	Tu	6:30 pm-8:30 pm	9/22
Senior Activity	J. Fiskum		1 sess/\$29
Center			

#### OUTING 1: SNOQUALMIE RIVER

Rod, reel and lines are available from instructor for a \$10 rental. Please reserve in advance at 425.495.9945 or fiskumflyfish@comcast.net

56507	Sa	8:00 am-12:00 pm	9/26
Snoqualmie River	J. Fiskum		1 sess/\$50

#### OUTING 2: YAKIMA RIVER

Rod, reel and lines are available from instructor for a \$10 rental. Please reserve in advance at 425.495.9945 or fiskumflyfish@comcast.net

56508	Sa	10:00 am-2:00 pm	10/3
Yakima River	J. Fiskum		1 sess/\$65

### WADING THE WEB

Learn how to find pertinent, current, information on everything fly fishing. We will navigate through several incredible web sites that you can use for your own fishing resource. Class will include a notebook loaded with info including how to access the best Blogs and trip reports to keep you in the loop of successful angling.

56505	Tu	6:30 pm-8:30 pm	10/20
Kent Senior	J. Fiskum		1 sess/\$29
Activity Center			

### WINTER STEELHEAD GEAR FISHING TACTICS

You will learn what you need and how to set up tackle and equipment for three different tactics to take winter run steelhead. We will discuss 'Drift Fishing', 'Float Fishing', and 'Spoon Fishing'. Class will include a resource notebook with information about regional rivers, run timing, guides & outfitters, and web resources. After the classroom session there will be an optional outing to a local river for hands on instruction and fishing. Rod and Reel package available from instructor for \$10 rental. Please reserve in advance.

#### CLASSROOM:

56509	Tu	6:30 pm-8:30 pm	12/1
Local Water	J. Fiskum		1 sess/\$29

#### OUTING:

56510	Sa	7:00 am-11:00 am	12/5
Local Water	J. Fiskum		1 sess/\$50





KENT PARKS, RECREATION AND COMMUNITY SERVICES

**FRI. DECEMBER 4TH 10AM-6PM****SAT. DECEMBER 5TH 9AM-4PM****Over 100 vendors with a variety of handcrafted gifts**

The bazaar will also offer musical entertainment, variety of food and beverages for all shoppers.

**KentWA.gov/KentCommonsHolidayBazaar****OR CONTACT CHRIS JORDAN FOR MORE INFO @ 253.856.5000****RETURN REGISTRATION FORM AND FEE TO:**

Kent Parks, Registration, 525 4th Avenue North, Kent, WA 98032-4497

**33rd Annual Kent Parks****5K/10K Christmas Rush  
Fun Run & Walk****Saturday, December 12****Russell Road Park** 24400 Russell RoadDay of Race Registration: **7:30 a.m.**5K starts: **9:50 a.m.**10K starts: **10:00 a.m.**Pre-registration deadline: **December 4, 2015**Race info: **253.856.5050, mhendrickson@KentWA.gov**Register online: **Active.com**

Name \_\_\_\_\_ E-Mail \_\_\_\_\_ Birthdate / / Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Sex: Male ☐ Female ☐**RUN/WALK CHOICE**

- ☐ 5K Men's Run - 56608
- ☐ 5K Women's Run - 56610
- ☐ 10K Men's Run - 56609
- ☐ 10K Women's Run - 56611
- ☐ 5K Recreational Walk - 56612

**AGE** ☐ 8 & under ☐ 14-18

☐ 9-13 ☐ 19-24

**Credit Card Information**

Please print name of cardholder \_\_\_\_\_

VISA or MasterCard # \_\_\_\_\_

Exp. Date \_\_\_\_\_

**Register before December 4**

Run/Walk Only \_\_\_\_\_ (\$10)

Add T-Shirt (optional) \_\_\_\_\_ (\$25)

Technology Fee\* \_\_\_\_\_ (\$1)

**Total** \_\_\_\_\_**After December 4**

Run/Walk Only \_\_\_\_\_ (\$20)

Add T-Shirt (optional) \_\_\_\_\_ (\$35)

Technology Fee\* \_\_\_\_\_ (\$1)

**Total** \_\_\_\_\_

\*Effective March 21, 2012 a \$1 technology fee per transaction is being applied to support systems that provide convenience and efficient service delivery.

**Adult Sizes, Long-Sleeved T-Shirt:** ☐ XSm ☐ Sm ☐ Med ☐ Lg ☐ XL ☐ XXL

☐ 25-29 ☐ 35-39 ☐ 45-49 ☐ 55-59 ☐ 60-64 ☐ 70-74 ☐ 80+

☐ 30-34 ☐ 40-44 ☐ 50-54 ☐ 65-69 ☐ 75-79 ☐ Wheelchair

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the City of Kent, its elected and appointed officials and employees, the organizers, sponsor, supervisor or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. In the absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Kent informational or promotional use.

Signature of Participant (Parent/Guardian, if minor) \_\_\_\_\_

Date \_\_\_\_\_

## Spotlight 2015 • 2016 SERIES

**Welcome to the Kent Arts Commission's 2015-2016 Spotlight Series.** This season marks the 18th year that Spotlight Series has been bringing great family entertainment and a wide variety of performing arts to Kent stages. The Kent Arts Commission is proud to present these nine performances in venues that are close to home and easily accessible to Kent residents. See you at the shows!

### THE KINGSTON TRIO



**FRIDAY, OCTOBER 2**  
7:30 p.m.

Kentwood Performing Arts Center  
\$30 general, \$28 senior, \$15 youth  
*Sponsored by Pete and Pat Curran  
through the Kent Parks Foundation*

The Kingston Trio was formed in 1957. Using only acoustic guitars and banjos and singing simple yet memorable melodies, they revolutionized popular music. The release of "Tom Dooley" in October of 1958 began the "folk music revival." The Kingston Trio was the number one vocal group in the world, a musical and cultural phenomenon whose record sales and concert draws were matched only by the Beatles. With Trademark three-part harmony, and a clean crisp sound, the current group is the most vocally complete since the original days.

### KENNY ENDO CONTEMPORARY ENSEMBLE



**FRIDAY, OCTOBER 16**  
7:30 p.m.

Kent-Meridian Performing Arts Center  
\$27 general, \$25 senior, \$15 youth  
*Sponsored by Pete and Pat Curran  
through the Kent Parks Foundation  
Partial Funding from WESTAF,  
National Endowment for the Arts and  
Washington State Arts Commission*

Kenny Endo is a leading artist in contemporary percussion and rhythm. He blends Taiko with rhythms influenced by his jazz background and by collaborations with musicians from around the world. With roots firmly grounded in Japanese tradition, he stretches the genre by incorporating funk, jazz, Afro-Cuban, and Hawaiian elements. For his 40th Anniversary, Kenny will embark on a nationwide tour with his Kenny Endo Contemporary Ensemble.

### THE SECOND CITY "HOLIDAZED AND CONFUSED"



**THURSDAY, DECEMBER 3**  
7:30 p.m.

Kent-Meridian Performing Arts Center  
\$30 general, \$28 senior, \$20 youth  
*Co-sponsored by Curran Law Firm  
and Judy Woods*

For over 50 years, Chicago's famous and hilarious comedy company, The Second City has performed social and political satire in the form of scripted sketches, music, and improvisation. Their alumni include Bill Murray, Mike Myers, Steve Carell, Julia Louis-Dreyfus, Tina Fey, Joan Rivers, Stephen Colbert, and so many more. With original songs, brand new sketches, and some classic favorites, this boisterous holiday revue is sure to please. \*May contain adult or mature content.

### MAGICAL STRINGS Celtic Yuletide Concert



**SUNDAY, DECEMBER 6**  
3:00 p.m.

Kent-Meridian Performing Arts Center  
\$25 general, \$22 senior, \$15 youth

The Boulding Family's musical celebration of the holiday season is a treasured tradition in Kent. Once again, Pam and Philip Boulding are joined by their children, grandchildren, and guests for an afternoon of enchanting Yuletide music. The Bouldings perform on Celtic harps, hammered dulcimers, whistles, strings, percussion, and harp-like instruments from around the world. Guests add Irish step dancing, drumming, and storytelling for a festive and memorable performance.



## INTERNATIONAL GUITAR NIGHT



**FRIDAY, JANUARY 29**

7:30 p.m.

Kent-Meridian Performing Arts Center  
\$28 general, \$25 senior, \$15 youth

International Guitar Night is North America's premier traveling guitar festival, bringing together the world's foremost acoustic guitarists to perform their latest original compositions and exchange musical ideas in a public concert setting. Founder Brian Gore invites a new cast of guitar luminaries to join him for a special evening of solos, duets, and quartets that highlight the virtuosity and diversity within the world of acoustic guitar. Gore will be joined by three of Europe's leading acoustic guitarists: Gypsy Jazz legend Lulo Reinhardt, contemporary fingerstyle innovator Mike Dawes, and multi-genre showman Andre Krengel.

## ANTICS "SNEAKER SUITES"



**FRIDAY, FEBRUARY 5**

7:30 p.m.

Kent-Meridian Performing Arts Center  
\$20 general, \$18 senior, \$15 youth  
*Partial funding from WESTAF,  
National Endowment for the Arts, and  
Washington State Arts Commission*

Antics is a Los Angeles-based hip-hop dance theater company. Under the direction of Amy "Catfox" Campion, Antics creates multimedia urban dance performances that incorporate b-boying, b-girling, krumping, popping, capoeira, DJs, MCs, spoken word, theater, and film. "Sneaker Suites" utilizes the expressiveness and virtuosity of street dance, as well as provocative poetry to tell the stories of sneakers: those who make them, those who wear them, and those who dance in them.

## A FIDDLER'S FEAST



**featuring Alasdair Fraser & Natalie Haas, Jay Ungar & Molly Mason**

"A Fiddler's Feast" brings two acclaimed duos together to share the stage. Alasdair Fraser and Natalie Haas, along with Jay Ungar and Molly Mason deliver everything from Scottish dance music to a wide range of American roots genres, and tunes ranging from poignant to sizzling.

**FRIDAY, FEBRUARY 26**

7:30 p.m.

Kent-Meridian Performing Arts Center  
\$28 general, \$25 senior and \$15 youth

## AL STEWART



**FRIDAY, MARCH 18**

7:30 p.m.

Kentwood Performing Arts Center  
\$28 general, \$25 senior, \$15 youth  
*Sponsored by the Pete and Pat Curran Family*

By the time he was 22, Al Stewart had met the Beatles and played John Lennon's guitar, opened for The Rolling Stones, shared an apartment with Simon & Garfunkel, recorded for Jimmy Page, and spent a year playing guitar for Yoko Ono. Stewart came to stardom as part of the folk revival of the late '60s and '70s, and developed his own distinctive style of combining folk-rock music with delicately woven tales of the great characters and events of history. He is best known for his #1 hit "Year of the Cat" from the platinum album of the same name, and his follow up album "Time Passages, which also went platinum.

## SPONSORS

Spotlight Series is presented by the Kent Arts Commission and City of Kent Parks, Recreation and Community Services Department with the support of the following sponsors.



**Pete & Pat Curran Family • Judy Woods**



**CURRAN LAW FIRM**

## SISTER'S EASTER CATECHISM



**FRIDAY, APRIL 1**

**7:30 p.m.**

**Kentwood Performing Arts Center**  
**\$25 general, \$22 senior, \$15 youth**

Celebrate the Easter Season with Sister as she answers time worn questions like "Who was Mary Magdalene?", "Why isn't Easter on the same day every year like Christmas?", and "Will My Bunny Go To Heaven?" Part pageant, and wHOLY hysterical, this installment of the sinfully funny Late Nite Catechism series unearths the origins of Easter bunnies, Easter eggs, Easter baskets, Easter bonnets, and, of course, those yummy Easter Peeps. Get ready to participate as Sister runs her own version of the Easter Egg Hunt, with special rewards, and candy giveaways. Bring the whole family, don your bonnet, and join Sister for this new seasonal treat!



### PERFORMANCE LOCATIONS:

- Kent-Meridian High School Performing Arts Center  
10020 SE 256th Street, Kent
- Kentwood High School Performing Arts Center  
25800 164th Avenue SE, Covington

### DIRECTIONS AND PARKING:

Locations are and on Kent's East Hill, a short drive (approximately 30–40 min) from Seattle and Tacoma. For directions see **KentArts.com** or call (253) 856-5051. Free parking is available.

### POLICIES AND INFORMATION:

#### Senior and youth tickets

- Age 60 and older qualifies for senior ticket rates.
- Age 25 and younger qualifies for youth ticket rates.

#### Refunds/exchanges

- No refunds or exchanges—ticket purchases are final.

#### Seating

- All seating for Spotlight Series events is assigned/reserved.
- Seating will begin 30 minutes prior to performance time.
- Late seating is not guaranteed and is at the discretion of the performers and House Manager.

#### Special Needs

Please let us know in advance how we might be able to help and we will provide reasonable accommodations to those needing special assistance. For wheelchair seating, please advise when purchasing tickets.

### Children

- Spotlight Series is family friendly but some performances may not be appropriate for young children—please use discretion when choosing performances for young patrons.
- Children over 12 months must have a ticket for all shows.

### TICKET INFORMATION:

#### Subscriptions

- Create your own subscription series—Purchase tickets to any four or more separate performances and receive 10% off on each ticket price.

**All tickets must be purchased in the same transaction.**

#### Group Rates

- Buy 10 or more tickets to any one performance and receive 10% off.
- Buy 20 or more tickets to any one performance and receive 20% off.

**All group tickets must be purchased in the same transaction to receive the discount and must be purchased by calling or visiting the box office (no group discounts on-line).**

### FORTICKETS...

- Purchase on-line: **KentArts.com**  
Look for the "purchase tickets" link.
- Call (253) 856-5051, Monday–Saturday. A Visa or Mastercard is required for phone orders.
- Walk in to the Kent Commons, 525 4th Avenue North, Kent, Monday–Saturday. Phone and walk-in hours are: Mon.–Thurs. 6 a.m. to 10 p.m., Fri. 6 a.m. to 9 p.m. and Sat. 8 a.m. to 9 p.m.

*Spotlight Series is presented by the Kent Arts Commission and City of Kent Parks, Recreation and Community Services Department.*

## ADULT 50+ PROGRAM AND ACTIVITY HIGHLIGHTS

### Kent Senior Activity Center

600 East Smith Street, Kent, WA 98030  
(253) 856-5150

**M-F: 8:30 am-4:30 pm\***

*\*Extended hours: Tuesday to 9:45 pm  
Wednesday to 9:00 pm*

The Kent Senior Activity Center features daily recreation activities, including lunch, classes, workshops, trips, special events, health services, outdoor recreation and Fitness Center.



**Deli  
AND  
Cafe**

**M, Tu, Th, F - \$6 all ages  
Wed. Deli only \$5 all ages  
11:45 a.m. to 1:00 p.m.**

**Deli Bingo every 2nd Wed. 12:15 pm  
Prizes \$25-\$150 compliments of Talbot Center  
for Healthcare & Rehabilitation**

**For update, call Menu Hotline:  
253-856-5155**

**Free Wed. lunch drawing compliments of  
Regency Auburn**

*Special thanks to:*

*Talbot Healthcare, Stafford Suites, and Aegis Living  
for ongoing contributions*

# Karaoke BINGO

### KENT PARKS DELI & CAFE C-12s FUNDRAISER\*

**Wed. Oct. 14, 2015 • 11:30 - 1:15 pm FREE (with \$5 lunch purchase)**

Singers may sign up between 10:30 and 11:30 am to lead sing-alongs during Karaoke-Bingo sessions.

Advanced lunch tickets available for \$5 (all ages) beginning Tues. Sept. 8, 2015. Seating order by ticket number.

*Gift Card Prizes (valued from \$25 to \$150) provided by TALBOT CENTER for Healthcare and Rehabilitation*

*\*Tax-deductible donations accepted for the Kent Parks Deli & Cafe all 12 months of the year. For more information, call 253-856-5164*

29th ANNUAL

# Holiday CRAFT MARKET

**Friday, November 6, 9:00 a.m.-5:00 p.m.**

**Saturday, November 7, 9:00 a.m.-4:00 p.m.**

**Juried Handcrafted,  
One-of-a-Kind Gifts  
All in One Stop!**

A Variety of Quality Crafts

Free Admission

Free Onsite Parking

Festive Entertainment

Figgy Pudding Café



Regence





# ADULT 50+ PROGRAMS

## Day Trips & Leisure Travel Opportunities

Kent Senior Activity Center offers a variety of day trips & leisure travel options. Be sure to check out what is coming up at **253-856-5150** or **Kent50Plus.com**

For information on 2016 leisure travel opportunities contact Cindy at **253-856-5162** or email **crobinson@KentWA.gov**



## "North of Fifty" Snow Sports Program

**Join us this winter for Downhill Ski, Cross Country Ski and Snowshoe Adventures.**

Both day trips and overnight tours will be offered.

***Trips include transportation and guiding.\*Pre-season meeting on October 6th***  
***Cross Country & Snowshoe Info 9:45am***  
***Downhill Ski Info 10:45am***

For more information on our Snow Sports Program, contact John at **253-856-5163** or email **jfiskum@KentWA.gov**

- **Lake Chelan & Echo Ridge Nordic**  
X-C and Snowshoe  
January 19-22, 2016
- **Timberline Lodge - Mt. Hood, Oregon**  
Downhill Ski and Snowshoe  
February 1-4, 2016
- **Stevens Pass-Leavenworth-Mission Ridge**  
Downhill, X-C and Snowshoe  
February 18-19, 2015
- **Red Mountain Resort, BC**  
Downhill, X-C and Snowshoe  
February 28-March 4, 2016

## 50+ Fitness Center



- \$1.50 drop in 50+ (\$3 age 16 to 49)
- Personal Trainer for hire
- State of the art aerobics and strength equipment
- Monthly rate discounts available  
1 month: \$13.50\*  
3 months: \$31\*  
1 year: \$121\*

\*includes \$1 I.T. fee

*Note: Guests aged 16 to 49 passes are double cost.*

## Evening Dances

at the  
**Kent Senior Activity Center**  
**TUESDAYS**

**7:30 to 9:30 pm • \$4**

Except for 1st Tuesday Kings  
of Swing Dances 7:45 – 9:30 PM

### SEPTEMBER 2015

1.....Kings of Swing  
8.....Randy Litch  
15.....Andy Burnett\*  
22.....Randy Litch  
29.....Randy Litch

### OCTOBER 2015

6.....Kings of Swing  
13.....Randy Litch  
20.....Andy Burnett\*  
27.....Randy Litch

### NOVEMBER 2015

3.....Kings of Swing  
10.....Randy Litch  
17.....Andy Burnett\*  
24.....Randy Litch

### DECEMBER 2015

1.....Kings of Swing  
8.....Randy Litch  
15.....Andy Burnett\*  
22.....Randy Litch  
29.....Randy Litch

*\*Rock 'n Roll Dances by Andy Burnett.*

***All ages welcome***

***Refreshments Provided by:***  
Farrington Court, Radcliffe Place,  
Stafford Suites, The Weatherly Inn,  
Judson Park, The Lakeshore

# ADULT 50+ PROGRAMS

## HEALTH & EDUCATION PROGRAMS:

**Aerobics** Mon. Wed. 10 AM

**Aerobic Video** Fridays 9 AM

**Art Classes** Varies

Mixed Media, Watercolor, Acrylics, Drawing

**BeWell Workshops** Wed. 1 PM

**Chi Gong Video** Thurs. 9:30 AM

**Computers Classes** Varies

Keyboarding, Computers 101, Intermediate, Advanced, Digital Photography, Internet, Word, Excel, EBay, PayPal, Social Networking, Email

**Counseling** Mondays, individual by appt.

**Defensive Driving**

2nd Thurs. Fri., 10 AM to 3 PM

**General Health Workshops**

Hearing, vision, fall prevention

**Stretch/Strengthening** Tues. Thurs.

Beginning 10:15 Advanced 9 AM

**Ukulele Lessons** 1st 3rd Thurs. 1 PM

**Yoga** Fridays, 9:45 AM

## FUNDRAISERS AND SPECIAL EVENTS:

**Firefighters Foundation Lunches**

October 23, December 11, 2015

**Holiday Craft Market**

Nov. 6-7, 2015

**Thanksgiving Luncheon**

November 13, 2015

**Christmas Luncheon**

December 11, 2015

**Elvis Inspirational at Kent Place**

Thurs. March 31, 2016

**Volunteer Appreciation Event** TBD

**Music & Art Showcase**

Thurs. June 23, 2016

## OFF SITE ACTIVITIES:

**Pickleball** Kent Commons

**Softball** Various Fields

**Volleyball** Kent Commons

## TRIPS, TRAVEL and OUTDOOR PROGRAMS:

**Day Trips** To Be Determined

Local, Regional Tours TBD

**Fishing**

**Golfing** Seasonal

**Hiking**

**Local Overnight Trips** TBD

**Rafting** (Floats, Whitewater)

**Skiing (Downhill)** Seasonal

**Skiing (X Country)** Seasonal

**Snowshoeing** Seasonal

**Walking** Seasonal

## SPECIAL INTEREST PROGRAMS:

**Alliance for Retired Americans**

2nd Thursdays, 1 PM

**Book Club** 1st Wednesdays 1 PM

**Bring Your Own Crafts** Wed. 9 AM

**Fly Tying** Tuesdays, 9:30 AM

**Hooks 'n Needles** Thursdays, 1 PM

**Jigsaw Puzzles** Daily

**Kiwanis Easter Breakfast** TBA

**Library** Daily

**Lions's Breakfast** Seasonal

**Lion's Barbecue** Seasonal

**Poetry Club** 1st & 3rd Fri. 10:45 AM

**Readers Theater** TBD Seasonal

Mondays, 10 AM

**Recycled Greeting Cards** TBA

**Red Cross Stitchers**

Tuesdays, 12:30 PM

**Speedy Readies Book Club**

3rd Tue. Odd-numbered Months, 1 PM

**Stamp Collecting** Tuesdays 2 PM

**Woodcarving** Wed. 9:30 AM

## CARDS & GAME ACTIVITIES:

**Bridge** Wednesdays, 12 noon

**Canasta** Thursdays, 10 AM

**Hand 'n Foot** Wed. & Fri. 12:30 PM

**Mah Jong** Mondays, 11:30 AM

**Ping Pong** Mon. & Wed. 1:30 PM

**Pinochle** Tues. 12:30 Wed. 5:30 PM

**Pool (Billiards)** Daily

**Whist** Fridays, 12:15 PM

**Wii** Monday, Friday, 12:30-4:30 PM

## MUSIC & DANCE PROGRAMS:

**Ballroom Dances** Tues. 1:15 PM

Also Rock'n Roll, 2 step, Line dance

**Ballroom Dances** Tues. 7:30 PM

**Juice'n Jazz** 1st Tues. 12:30 PM

Free Jazz, Juice, Door Prizes

**Karaoke** 2nd Friday, 9:30-1:30 PM

4th Tuesday, 9-11:45 AM

**Koffee Klatch** Mondays, 11 AM

Free Music, Coffee, Door Prizes

**Line Dancing** Wednesdays,

1:45-2:45 Intermediate

3:00-4:00 Beginners

**Ring & Swing** Thursdays, 1:15 PM

**Swing Dances** 1st Tues. 7:45 PM

**Ukulele Jam Sessions** 1st 3rd Thu.

Lessons: 1 PM Jamming 1:30 PM

## IN HOUSE SERVICES:

**Alzheimers Support** 1st Wed. 7 PM

**Blood Pressure Monitoring**

Tues. 10:30 AM to 12 noon

**Coffee Bar** Daily

**Elder Law Clinic (Senior Issues)**

2nd & 4th Fridays, 1 PM

**Fitness Center** Daily

**Foot Clinic** Tues., by Appointment

**Grief Support** Some Wed. 10 AM

**Hair Cuts** TBD by Appointment

**Health Insurance Counseling**

2nd Monday, by Appointment

**Healthy Smiles** 1st Friday,

4th Thursday by Appointment

**Legal Clinic (Neighborhood)**

Wed. 6 PM by Appointment

**LGBT Support** 2nd Tues. 6 PM,

4th Mon. 1 PM

**Massage Therapy** Wed. Thurs. AM

by Appointment

**Meals On Wheels (Frozen Food)**

Pre-registration required

**Reflexology** Wed. 12:30-5 PM

by Appointment

**Support Group** Mondays 10 AM

Drop Ins welcome

**Vision Support Group** 3rd Mon., 1 PM

## ALL PROGRAMS, ACTIVITIES AND SERVICES HELD AT:

**Kent Senior Activity Center • 600 East Smith Street, Kent, WA 98030 • 253-856-5150**

NOTE: Many activities are free but some events, classes, trips or programs may include fees.

# KENT COMMONS



**Please contact the Facility Scheduling Office at: 253.856.5000 • KentWA.gov/KentCommons**

## Kent Commons

The Kent Commons is a public recreational facility that is home to a wide variety of physical and cultural activities.

Phone: (253) 856-5000

Fax: (253) 856-6000

Direction Line: (253) 856-5025

Website: KentWA.gov/kentcommons

## OPERATING HOURS

**M–Th: 6:00 am–10:00 pm**

**F 6:00 am–9:00 pm**

**Sa 8:00 am–9:00 pm**

**Call (253) 856-5000  
for more information**

## Reception Halls, Meeting Rooms, Auditoriums

The Kent Commons offers six meeting rooms and two reception halls/auditoriums varying in size and able to accommodate groups up to 300. The double gymnasium is also available to rent for larger events. Call (253) 856-5000 for availability and rental rates.

## OPEN PARTICIPATION PROGRAMS

Day	Time*	Fee
<b>Basketball</b>		
<b>Tu–Th</b>	<b>11:30 am–1:30 pm</b>	<b>Free</b>
The gymnasiums are also available for team rentals.		
<b>Racquetball (253) 856-5010</b>		
M–Th	6:00 am–10:00 pm	\$7/hr
F	6:00 am–9:00 pm	\$7/hr.
Sa	8:00 am–9:00 pm	\$7/hr.
Senior citizen rate is \$3.50 per hour for selected times only.		
<b>Conditioning Room</b>		
M–Th	6:00 am–10:00 pm	\$2
F	6:00 am–9:00 pm	\$2
Sa	8:00 am–9:00 pm	\$2
Conditioning room pass (unlimited use) \$12.50 per month or \$37.50 per quarter.		
50% off for adults 55+. *All hours are subject to occasional schedule changes.		

## SPORTS & FITNESS

Facilities available for community use within the Kent Commons Community Center include:

Double gymnasium equipped for volleyball, basketball, badminton, etc.

- Fully-equipped conditioning room/Nautilus weight machines, treadmills, stair climbers and exercise bikes
- Handball/racquetball courts
- Mini-gym for exercise and dance classes
- Music room: hourly rate for piano practice
- Showers and coin-operated lockers
- Vending area with snacks and beverages
- Walleyball



**Interurban Room**



**Green River Room**



**Crystal Mountain Room**



**Mill Creek Room**

## What Should I Do To Get My Home Ready For Winter?



With winter is just around the corner and is a great time to get your furnace cleaned. Over time and with continued use furnaces get gunked up with dust dirt and hair making them less efficient. Clean furnaces are safer and more efficient. Has your

furnace been serviced in the past two years? If not, consider Kent Home Repair.

Kent Home Repair has been helping City of Kent residents stay safe and on top of health and safety repairs for over 35 years now. If you qualify you could be eligible to receive minor health and safety home repairs including furnace cleanings and servicing, roof repair, hot water tank replacement, electrical, plumbing repairs and more.

To qualify for the Kent Home Repair Program you must live within the City limits and have owned your home for a minimum of one year and meet income restrictions based on the number of residents in your home. Mobile homes must be 1976 or newer and the owner must be senior and/or disabled. To see if you can qualify or to apply, call 253-856-5065 or go online at [KentWA.gov/humanservices](http://KentWA.gov/humanservices) to download an application.

Here are some do-it-yourself weatherization tips that could help you save energy and money during the cooler winter months:

- Caulk and weatherstrip doors and windows that leak air.
- Caulk and seal air leaks where plumbing, ducting, or electrical wiring penetrates through exterior walls, floors, ceilings, and soffits over cabinets.
- Install rubber gaskets behind outlet and switch plates on exterior walls.
- Look for dirty spots in your insulation, which often indicate holes where air leaks into and out of your house. You can seal the holes by stapling sheets of plastic over the holes and caulking the edges of the plastic.
- Install storm windows over single-pane windows or replace them with double-pane windows. Storm windows as much as double the efficiency of single-pane windows and they can help reduce drafts, water condensation, and frost formation. As a less costly and less permanent alternative, you can use a heavy-duty, clear plastic sheet on a frame or tape clear plastic film to the inside of your window frames during the cold winter months. Remember, the plastic must be sealed tightly to the frame to help reduce infiltration.
- When the fireplace is not in use, keep the flue damper tightly closed. A chimney is designed specifically for smoke to escape, so until you close it, warm air escapes-24 hours a day!

**Do you have a question for us?** Email your home repair questions to [humanservices@KentWA.gov](mailto:humanservices@KentWA.gov) and our professional staff will get back to you with a solution.

## Kent Severe Weather Shelter

The City of Kent, in partnership with Kent Lutheran Church and Catholic Community Services, operates a Severe Weather Shelter (SWS) during the winter months (November through March). This shelter is located at:

**Kent Lutheran Church**  
**336 2nd Ave South**  
**Kent, WA 98032**

The SWS is activated by the City of Kent Housing and Human Services Division anytime temperatures fall below 32 degrees for 24 or more consecutive hours AND/OR snow accumulation exceeding 3 inches in depth AND/OR other conditions deemed severe enough to present a substantial threat to life or health of homeless persons.

### All are welcome!

Priority is given to homeless families with children who are living on the streets or in vehicles or who are without power at their homes, but the SWS is also available for unaccompanied women and men; separate sleeping space has been prepared for men, women, and for families with children.

The SWS is operated by Catholic Community Services staff and volunteers from Kent Lutheran Church and the greater Kent community. All must register at the door. As with all shelters, rules for the health and safety of clients, staff and the broader community will apply.

**Volunteers are needed**, so if you are interested in helping please contact Kent Lutheran Church directly at (253) 852-2057.

The city will also open day time warming shelters to assist those who are without power and heat in their homes during winter storms. The following locations are typically open to the public:

- Kent Commons: 525 4th Ave. N.
- Kent Senior Activity Center: 600 E. Smith St.
- Kent City Hall: 220 4th Ave. S.

There are shelters open in Renton, Federal Way, Auburn, Bellevue, and Seattle. Please contact the Crisis Clinic by dialing 2-1-1 to access shelter information in these other areas.

**Contact:** Christine Cain, Housing & Human Services  
253-856-5070 • [ccain@KentWA.gov](mailto:ccain@KentWA.gov)





## FALL COMMUNITY VOLUNTEER EVENTS

For corporate work groups, students looking for fun ways to accumulate community service credits, scouts earning badges, faith communities, clubs and individuals who enjoy making a difference in just a few hours, here are some great opportunities:

- **September 26:** National Public Lands Day at Burlington Green
- **October 10:** “ReLeaf” at Clark Lake Park
- **October 17:** Arbor Day at Riverview Park
- **October 24:** Green Kent Day at Green River Natural Resources Area
- **Green Kent work parties at various parks:** almost every Saturday through November!

Mark your calendars, and register online by noon at least three days before each event: [KentWA.gov/ComeVolunteer](http://KentWA.gov/ComeVolunteer) or call 253-856-5113

## GREEN KENT “GREEN BUCKS”



Kent Parks volunteers are some of the best. We know because they keep coming back! To reward our loyal volunteers, we’ve created **Green Kent Green Bucks**.

For every 10 volunteer hours, volunteers will earn a Green Buck, good for **\$5** towards the cost of a registration fee for a recreation class or drop-in fitness activity at the Kent Commons or Kent Senior Activity Center.

## Reservation Policy

- Reservations start February 2, 2015.
- Please call (253) 856-5000 for park rentals.
- Payment is due upon receipt of application.

## Park Use Fees

Park use fees are based on the number of people attending the event and for each picnic shelter required for the size of group.

Daytime/ Evening Rental (9 am to 2 pm, 3 pm to dusk)	All Day Rental (9 am to dusk)
<b>1 to 60 guests</b>	\$100
<b>61 to 120 guests</b>	\$200
<b>121 guests or more**</b>	\$250

If a group exceeds the capacity limit of requested shelter, group will be required to reserve an additional shelter.

\*\*Groups larger than 120 guests must have prior approval from Parks Rental Coordinator.

Additional fees may be assessed depending on the type of activity/event planned.

## Reception Hall Rental Facilities

The following rooms and facilities are a great place for a wedding reception, birthday party, holiday event, or company meeting. For more information, call (253) 856-5000 or the number noted.

### Kent Commons

525 Fourth Avenue N. • Call (253) 856-5000.

- **Crystal Mountain Hall**
- **Multi-Purpose Room #1 or #2**
- **Green River Room**

### Kent Memorial Park Building

850 N. Central.



### Kent Senior Activity Center *(above)*

600 E. Smith St. • Call (253) 856-5150.

In addition to the many parks that the public can enjoy without charge, City of Kent Parks, Recreation and Community Services has park facilities that can be rented for picnics, meetings, family parties and athletic events. Stop by the Kent Commons building, 525 4th Ave. N., Kent, or call (253) 856-5000 for information.

## Park Rental Facilities



*Lake Meridian Park*

**Briscoe Park**, S. 190th St.  
Large walk-in park located near the Kent/Tukwila border. Features two large shelters, play area and portable toilet.

**Kent Memorial Park**,  
850 N. Central Avenue. Located near downtown Kent. Features small picnic shelter, cooking grills, picnic tables, playground, public art and restrooms.

**Lake Meridian Park**,  
14800 S.E. 272nd St. Large covered shelter, cooking grills, large playfield, swimming beach, fishing, boat launch, public art, playground and restrooms.

### Mill Creek Canyon Earthworks Park

742 E. Titus St.

An internationally recognized landscape designed by Herbert Bayer and the City of Kent's first designated landmark. Features the Earthworks, public art, paved walking trails, amphitheater with row seating and restrooms.



*Mill Creek Canyon Earthworks Park*

### Morrill Meadows

10600 S.E. 248th St.

Located on East Hill of Kent. Features cooking grills, drinking fountain, greenbelt, multi-use playfield, parking, large picnic shelters, playground, public art, restrooms and trails.

### Russell Road Shelter

24400 Russell Rd. S.

Features tables, cooking grills, shelter, water, playground, restrooms and horseshoe pits (not available on weekends during tournament play).

### Van Doren's Landing Park

21901 Russell Rd.

Features two large picnic shelters, large playfield, restrooms, horseshoe pits, public art, paved walking trail and playground.



*Morrill Meadows*

# PARKS AND PROGRAM SITES

## American Colleges of Mixed Martial Arts

(ACMMA)  
1209 Central Ave. S.

## Arbor Heights 360 Skate Park,

11525 SE 240 St

## Bereiter House/Greater Kent Historical Society Museum,

855 E Smith St

## Boeing Employees Tennis Center,

6727 S 199 Pl

## Briscoe Park,

S 190 St

## Burlington Green,

W Meeker & Railroad Ave N

## Campus Park,

Canyon Drive & S 252 St

## Canterbury Park,

24409 100 Ave SE

## Centennial Center,

400 W. Gowe St.

## Chestnut Ridge Park,

9901 S 203 St

## Clark Lake Park,

between SE 240 & SE 248  
@ 127 Ave SE

## East Hill Park,

10920 SE 248

## Eastridge Park,

143 SE & SE 257

## First Ave Plaza,

219 1 Ave S

## Foster Park,

259 & 74 Ave S

## Garrison Creek Park,

218 St & 98 Ave S

## Glenn Nelson Park,

Military Rd & S 268

## Grandview Off-Leash Dog Park,

3600 S 228th St, SeaTac

## Green View Park,

SE 277 Pl & 120 Pl SE

## Hart's Gymnastics Center,

26415 79 Ave S, Kent

(253) 520-1973

## Kaibara Park,

1 Ave between W Smith & W Meeker St.

## Kent Bowl,

1234 N Central Ave

(253) 852-3550

## Kent Centennial Center,

400 W Gowe St

## Kent Commons,

525 4 Ave N

## Kent Kherson Peace Park,

2 Ave & W Gowe St

## Kent Library,

212 N 2 Ave

## Kent Lions Skate Park,

W Smith & Interurban Trail

## Kent Memorial Park Building,

850 N Central Ave

## Kent-Meridian Performing Arts Center,

10020 SE 256 St

## Kent Parks Community Center,

11000 SE 264 St

## Kent Meridian Pool,

25316 101 St SE

## Kent Rotary Downtown Basketball Court,

James St (SE 240)

## Kent Senior Activity Center,

600 E Smith St

## Kent Valley Ice & Events Centre,

6015 W James St

## Kentwood Performing Arts Center,

25800 164 Ave SE, Covington

## Kiwanis Tot Lot #1,

S. 1 Ave & W Crow St

## Kiwanis Tot Lot #2,

N. 2 Ave & W Cloudy St

## Kiwanis Tot Lot #3,

Alexander St between E Chicago & E Seattle St

## Kiwanis Tot Lot #4,

S 5 Ave & W Crow St

## Lake Fenwick Park,

25828 Lake Fenwick Road

## Lake Meridian Park,

14800 SE 272 St

## Linda Heights Park,

S 248 & 35 Ave S

## Meridian Glen Park,

137 Ave SE & SE 275 Pl

## Mill Creek Canyon Earthworks Park,

742 E Titus St

## Morrill Meadows Park,

10600 SE 248 St

## Neely-Soames Historic Home,

5311 S 237 Pl

## Old Fishing Hole,

Frager Rd, S of W Meeker St

## Rosebed Park,

1 Ave between W Gowe & W Meeker St

## Riverbend Golf Complex,

2019 W Meeker St

## Hogan Park at Russell Road,

24400 Russell Rd

## Salt Air Vista Park,

24615 26 Pl S

## Saqra's Studio,

23625 41st Ave.

## Scenic Hill Park,

25826 Woodland Way S

## Service Club Ballfields,

14402 SE 288 St

## Seven Oaks Park,

SE 259 St & 118 Pl SE

## ShoWare Events Center,

625 W. James St

(253) 856-6999

## SKIP/Children's Therapy Center (SKIP/CTC),

10811 Kent-Kangley Rd

(253) 854-5660

## Soos Creek Maintenance Bldg,

24810 148 Ave SE

## Soos Creek Park/Gary Grant Park-King Co,

SE 208 @ 136 Ave SE

## Springwood Park,

SE 274 St & 128 Pl SE

## Three Friends Fishing Hole,

S 196 St & 58 Pl

## Titus Railroad Park,

1 Ave & Titus St

## Town Square Plaza,

2 Ave & Harrison St

## Turnkey Park,

23312 100 Ave SE

## Uplands Playfields,

836 W Smith St

## Van Doren's Landing,

21901 Russell Rd

## West Fenwick Park,

3824 Reith Rd

## West Hill Skate Park,

42 Ave S & Reith Rd

## Willis Street Greenbelt,

W Willis between 4 Ave S & 6 Ave S

## Wilson Playfields,

13028 SE 251 St

## Yangzhou Park,

Railroad Ave & W Smith St

## KENT SCHOOL DISTRICT/ FEDERAL WAY SCHOOLS

### Carriage Crest Elementary,

18235 140 Ave SE

### Daniel Elementary,

11310 SE 248 St

### East Hill Elementary,

9825 S 240 St

### Emerald Park Elementary,

11800 SE 216 St

### Fairwood Elementary,

16600 148 Ave SE

### Glenridge Elementary,

19405 120 Ave SE, Kent

### Grass Lake Elementary,

28700 191 Pl SE

### Horizon Elementary,

27641 144 Ave SE

### Kent Elementary,

24700 64 Ave S

### Kentlake High School,

21401 SE 300 St

### Kent-Meridian High School,

10020 SE 256 St

### Kent Mountain View Academy,

22420 Military Rd, S, Des Moines

### Kentridge High School,

12430 SE 208 St

### Kentwood High School,

25800 164 SE

### Lake Youngs Elementary,

19660 142 Ave SE

### Martin Sortun Elementary,

12711 SE 248 St

### Meadow Ridge Elementary,

27710 108 Ave SE

### Meeker Middle School,

12600 SE 192 St, Renton

### Meridian Elementary,

25621 140 Ave SE

### Meridian Middle School,

23480 120 Ave SE

### Mill Creek Middle School,

620 N Central Ave

### Millennium Elementary,

11919 SE 270 St

### Neely-O'Brien Elementary,

6300 S 236 St

### Northwood Middle School,

17007 SE 184 St, Renton

### Panther Lake Elementary,

20831 108 Ave SE

### Park Orchard Elementary,

11020 SE 232 St

### Pine Tree Elementary,

27825 118 Ave SE

### Ridgewood Elementary,

18030 162 Pl SE, Renton

### Sawyer Woods Elementary,

31135 228 Ave

### Scenic Hill Elementary,

26025 Woodland Way S

### Soos Creek Elementary,

12651 SE 218 Pl

### Springbrook Elementary,

20035 100 Ave SE

### Sunrise Elementary,

22300 132 Ave SE

### Sunnycrest Elementary,

24629 42 S (West Hill)

### Totem Middle School,

26630 40 S (West Hill)

*Unless otherwise noted, all addresses are in Kent. For directions, go to [KentWA.gov/parks](http://KentWA.gov/parks)*



# KENT PARKS, RECREATION AND COMMUNITY SERVICES—PROGRAM REGISTRATION FORM

Parent/Account Holder's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

206 253 360 425 206 253 360 425 206 253 360 425  
Home Phone: \_\_\_\_\_ Mom Work Ph: \_\_\_\_\_ Dad Work Ph: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ ☐ Check if new address ☐ New phone

Ethnicity/Race (Optional) Please select one: ☐ Asian ☐ Black or African American ☐ Hispanic or Latino ☐ White

☐ Native Hawaiian or other Pacific Islander ☐ American Indian or Alaska Native ☐ Other ☐ Two or More Races

Participant Name	Birthdate	M/F	Grade	School	Course #	Class/Program	Dates	Days	Times	Fee

*Help support your community by making a tax-deductible donation to:*

♥ **Special Gifts for Special Needs:**  
Supports Adaptive  
Recreation activities.

★ **Scholarship Fund:** supports qualified  
low-income families participating in  
Recreation programs. *Thank you!*

CLASS/PROGRAM TOTAL:

♥ SPECIAL NEEDS DONATION:

★ SCHOLARSHIP FUND DONATION:

\*Effective 2012 a \$1 technology fee is being  
applied to support systems that provide  
convenience and efficient service delivery.

Technology Fee \$1.00

GRAND TOTAL

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the City of Kent, its elected and appointed officials and employees, the organizers, sponsor, supervisor or any volunteer connected with the program from any and all claims, injuries, damages, losses or suits, including attorney fees, arising out of or in connection with the program. In the absence of signature, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release.

I grant full permission to use any photographs, videotapes, motion pictures, recordings or any other record of this program for any City of Kent informational or promotional use.

(Please indicate card and number)



Card #

Expiration Date

Please print name as it appears on the card.

**Mail fee and registration form to: Kent Parks, Recreation &  
Community Services, Kent Commons Registration  
525 Fourth Ave. North • Kent, WA 98032-4497  
Phone: (253) 856-5000 • Fax: (253) 856-6000**

**DO NOT SEND CASH**

Parent/Account Holder's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

206 253 360 425 206 253 360 425 206 253 360 425  
Home Phone: \_\_\_\_\_ Mom Work Ph: \_\_\_\_\_ Dad Work Ph: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ ☐ Check if new address ☐ New phone

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**DO NOT SEND CASH**

Signature of Participant (Parent/Guardian, if minor)

Date






## Kent Parks, Recreation and Community Services

Kent Commons  
525 Fourth Avenue North  
Kent, WA 98032-4497

PRSRT STD.  
U.S. POSTAGE  
PAID  
Permit #137  
Kent, WA

# ECRWSS Residential Customer

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recycled paper and can be recycled.

## REGISTRATION INFORMATION



### MAIL IN

Send form and payment to Kent Commons Registration, 525 Fourth Ave. N., Kent, WA 98032-4497. Make checks payable to City of Kent. Allow 3 days for mail delivery. Do not send cash.



### FAX

Fill out registration form. Include V/MC number and expiration date. Send to Kent Commons at **(253) 856-6000** 24 hours/day (will be processed the next working day; handled as mail-in registration).



### PHONE IN

**(253) 856-5000** Have charge card and guide handy! Fill out form before you call Monday-Thursday 6 am-10 pm, Friday 6 am-9 pm, Saturday 8 am-9 pm.



### WALK IN

Kent Commons, 525 Fourth Ave. N. (Corner of 4th and James)  
Monday-Thursday 6 am - 10 pm, Friday 6 am-9 pm,  
Saturday 8 am-9 pm.



### ONLINE

Visit our website at **webreg.KentWA.gov** 24 hours a day!  
Have V/MC number, expiration date, client number and family PIN handy.

### POLICY

1. Register early to ensure likelihood of placement in class of first choice.
2. Registration is processed on a first come, first served basis.
3. For mail in or FAX registrations, you will be called for second choice if class is filled.
4. Confirmations are available upon request.
5. The Department has the right to change content and provision of classes.
6. There will be a \$25 fee for returned checks.

### REFUNDS/CREDITS

1. Full refunds will be given for any classes postponed, rescheduled or cancelled by the Department.
2. A \$5 service fee will be deducted from every approved refund.
3. Credit for the full registration may be issued in lieu of a refund. Credits will remain on your account for one year, at which time you will receive a refund for any amount over \$25.
4. Three days notice prior to class start date required on all requests for refunds or transfers.
5. No refunds will be given after one-half of program is over.
6. No refunds/transfers will be given for one-day workshops or classes once completed – no exceptions.
7. Some programs have specific refund policies. Please check prior to registration.

### SPECIAL NEEDS

1. People with special needs are encouraged to participate in any program.
2. If you have needs requiring special services, indicate this on registration form. For TDD users, call **1-800-833-6388**; Telebraille, **1-800-833-6385**; and Voice, **1-800-833-6384**. This service is provided by Washington State Telecommunications Relay Service at no cost except long distance charges.

### ACCESS TO RECREATION/SCHOLARSHIPS

Kent Parks, Recreation and Community Services is dedicated to enriching lives. A goal within that mission is to ensure that every pre-school child and school-age youth residing within the City of Kent or Kent School District has full access to a wide variety of recreational opportunities regardless of family income or ability to pay.

Applications for assistance are available at the Kent Commons. Residency and other restrictions apply—please call **(253) 856-5000** for more information.